هذا من الأصل

President Rafsanjani Due in Khorasan Today

Tehran Times Service

TEHRAN — President Akbar Hashemi Rafsanjani is to pay a visit to the northeastern Province of Khorasan today to inaugurate tens of development projects.

During his day-long stay, the president will also inspect the reconstruction activities underway in quake-stricken cities of the province.



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Russia, Italy Congratulate Khatami

Tehran Times Service

TEHRAN — Russian President Boris Yeltsin on Wednesday cabled a message to president-elect Hojjatoleslam Mohammad Khatami congratulating his election to the post.

In his message, the Russian head of state expressed hope that Khatami's victory in Iran's 7th presidential polls, would help further enhancement of Iran-Russia bilateral and multilateral relations as well as the two countries' economic cooperation.

The message further read that Russia attaches great importance to Tehran-Moscow relations.

(Contd on Pg. 14)

Velayati Predicts No Change in Iran's Foreign Policy

Tehran Times Service

TEHRAN— Foreign Minister Ali Akbar Velayati here Wednesday said no change is predicted in the priorities of Iran's foreign policy during the term of office of the President-elect, Hojjatoleslam Seyed Mohammad Khatami.

Speaking to the reporters on the sidelines of the final phase of Tajikistan peace talks held in Tehran, Velayati said that Hojjatoleslam Khatami, in his first press conference Tuesday, stressed that there would be no alteration in Iran's future foreign policy.

Regarding the recent visit of President Akbar Hashemi Rafsanjani to Tajikistan and its impact on the Tajik peace talks, the foreign minister underlined that the visit in itself indicated that peace and tranquility have been restored in that country and that it further raised the morale of the Tajik people.

"The document signed here between the Tajik government and the opposition is the final accord, marking the conclusion of the Tajik peace talks and laying the foundations of a lasting peace in

(Contd on Pg. 14)

Leader: People's Massive Turnout in Election a Divine Blessing

Tehran Times Service

TEHRAN — The Leader of the Islamic Revolution, Ayatollah Seyed Ali Khamenei termed the massive turnout of the Iranian people in the May 23 presidential election as a "great divine blessing and a gift from the Almighty Allah to the Iranian nation."

In a meeting with Majlis deputies on the occasion of the 17th anniversary of the establishment of the Iranian Parliament, the Leader underlined the need for the Majlis to cooperate with the government, supervise proper conduct of affairs and legislate laws needed by the government.

"Because of its good position and its strong and healthy management, the Islamic Consultative Assembly (Majlis) is not a cause of tension for people but on the contrary provides tranquility and ease of mind for them. This is one of the sources of honor for the Majlis," Ayatollah Khamenei remarked.

The Majlis of Islamic Republic of Iran is popular in the strictest sense of the word and is the mirror of thoughts, tastes, tendencies and aspirations of the Iranian people, the Leader said.



Photo: Abbas Kowsari

The Leader of the Islamic Revolution noted that the Majlis is actively carrying out its tasks in various fields such as debating proposed plans and bills, playing a role in the general issues of the country and pursuing political and

(Contd on Pg. 14)

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In the Name of God

Most surely in the variation of the night and the day, and what Allah has created in the heavens and the earth, there are signs for a people who guard (against evil).

(HOLY QORAN) (10:6)

Tajik Peace Agreement Signed in Tehran

Tehran Times Service

TEHRAN — Tajik sides reached a peace agreement, here Wednesday, guaranteeing the implementation of the previous agreements on establishment of peace and national reconciliation in Tajikistan.

Speaking at the closing ceremony of the Tajik peace talks, the Iranian Foreign Minister Ali Akbar Velayati said the agreement is a significant success. "It guarantees the executive stages of the previous agreements already reached for restoration of peace and tranquility and construction activities in Tajikistan," he added.

Velayati reiterated that any delay in implementation of the articles of the peace accord and other documents will threaten the achievements of the peace talks.

Tajik nation are the main guarantor of peace in their country, he stressed, adding "The countries which endorsed the agreement today will help implementation of the aritcles of the accord."



As a principle Tehran is for promotion of peace and security at regional and international level and for strengthening the independence of regional countries, Velayati said.

He stressed that Iran is concerned about any threat on security of friendly countries and uses its good offices to help promote peace in these countries.

OPINION

U.S. Should Take the Initiative in Improving Ties

Addressing a large group of Iranian and foreign newsmen at his first press conference on Tuesday, president-elect Hojjatoleslam Seyed Mohammad Khatami stressed that there is no thaw in prospect in relations between the Islamic Republic of Iran and the United States.

Following the victory of the Islamic Revolution in 1979, the United States embarked on subversive acts against the nascent Islamic government through its hired agents in Iran, some of whom had penetrated top military and executive positions. The personnel of the U.S. Embassy in Tehran also set up an espionage network in Iran, aiming to undermine the foundations of the Islamic Republic.

(Contd on Pg. 14)

Nateq Nouri Calls On Majlis to Support Khatami

Tehran Times Service

TEHRAN — Majlis Speaker Ali Akbar Nateq Nouri said here Wednesday that president-elect Hojjatoleslam Mohammad Khatami is well aware of Majlis activities and its position in the Islamic system of Iran.

The speaker made the remark in his address to the Majlis representatives on the occasion of the 16th anniversary of the establishment of the Iranian Legislative Assembly.

He expressed hope that the Majlis would establish a strong cooperation with Hojjatoleslam Khatami, under the leadership of the Leader Ayatollah Seyed Ali Khamenei and based on the guidelines of the late Imam Khomeini.

Nateq Nouri also paid tribute to the martyred deputies of Majlis.

Iran, Philippine to Boost Trade Ties

Tehran Times Service

TEHRAN - Iran and Philippine are to further enhance their economic and trade relations.

A delegation of Filipino economic officials headed by Nour Messvari Leader of Moro Liberation Front and governor of all Muslim states of Philippine will arrive here Saturday to discuss ways and means of upgrading the two countries trade ties.

In a meeting here yesterday, Shams Ardekani, Secretary General of Iran's Chamber of Commerce, Industries and Mines told Philippine Ambassador to Tehran, Haron Alonto, that the visit of Messvari will further broaden the two countries economic relations.

Messvari will discuss with Iranian businessmen and industrialists the grounds for cooperations between the two countries.





The First Eastern Mediterranean Congress on Preventive Cardiology & 10th Annual Iranian Congress of Cardiovascular Disorders Wound Up in Isfahan

The five-day congress issued a resolution containing 11 clauses on the final day.

A total of 326 dissertations were submitted to the congress of which 160 were in the form of lectures and the rest were posters.

The closing ceremony started with a lecture delivered by Dr. Jamshidi, dean of the Medical College of Isfahan University.

Zooming in on the significance of holding the congress and the expectation of the community from such gatherings, Jamshidi said the congress concentrated on



Dr. Sarafzadegan, congress secretary

preventive cardiology and rehabilitation of patients suffering from heart disorders.

He expressed hope that these two factors will be given further attention in future congresses.

Congress President Dr. Masoud Pour Moqaddas thanked the physicians and experts for welcoming the congress and expressed hope that the congress could take steps toward prevention of cardiovascular diseases.

Congress Secretary Dr. Sarafzadegan also thanked those who had sponsored the congress and said the congress had carefully examined the dissertations submitted to the secretarial and would make several suggestions for the improvement of CVD treatment.

She said those who have submitted the best papers must send their original dissertations to the secretariat within the next four weeks.

"Isfahan University of Medical Sciences will hold a ceremony on July 18-19 at the Cardiovascular Research Center and will present prizes to the top 10 dissertations," Sarafzadegan noted.

She said the delegates from Mediterranean nations consulted and discussed the next venue of the Eastern Mediterranean Congress on Preventive Cardiology, and Bahrain, which had volunteered for the task, will be the possible host.

Sarafzadegan said the congress has made several conclusions and issued a resolution and once the national plans for preventive cardiology are launched the number of heart attacks is expected to decrease.

Also two meetings were held to discuss the establishment of a Mediterranean association for preventive cardiology attended by representatives of Eastern Mediterranean nations, and 95 percent of our objectives in that connection were achieved, she added.

"If the congress and its side programs faced problems, it was due to the large number of delegates that had attended," said Sarafzadegan adding that originally the congress had expected approximately 450 to 500 delegates but 1500 people had attended the congress.

Concerning the significance of the gathering, Sarafzadegan said the main reason for convening the congress was the increased number of cardiovascular disorders and heart attacks and the lower age of the sufferers.

"It was therefore necessary to hold a congress for preventive cardiology and heart attacks and solicit the advice and opinions of domestic and foreign scientists and experts," the secretary explained.

The scientific work began at 8 a.m. everyday and continued until 7 p.m., she added.

It must be noted that the Eastern Mediterranean Congress on Preventive Cardiology and the 10th Annual Iranian Congress of Cardiovascular Disorders were held for a period of five days attended by 1500 cardiologists and other physicians from within the country and 25 other countries in Abbasi Hotel where 326 dissertations were deliberated, 36 lectures were delivered and 16 symposiums and eight round-table meetings were held.

The following resolution was issued by the First Eastern Mediterranean Congress on Preventive Cardiology and the 10th Annual Iranian Congress of Cardiovascular Disorders:



Thanks to divine blessing, the First Eastern Mediterranean Congress on Preventive Cardiology and the 10th Annual Iranian Congress of Cardiovascular Disorders, attended by 1500 cardiologists and experts from Iran and 25 other countries, was convened from May 1-5 in Isfahan by the Cardiovascular Research Center of Isfahan University of Medical Sciences and the Iranian Heart Association. Participants and guests from more than 25 countries and mostly from Europe, the Mediterranean region, Far East and the United States attended the congress and presented their researches and experience. In addition to lectures and presentation of posters by participants, the scientific programs of the congress included key lectures, symposiums and round-table meetings held and managed by related professors and experts in different branches.

The congress was held on five consecutive days. With the exception of the first day that was allocated to registration of names and the inaugural ceremony, different scientific programs, key lectures, symposiums, round-table meetings and general lectures were held and posters were distributed among the delegates in the congress according to a pre-agreed timetable.

The congress was sponsored and coordinated by the World Health Organization (WHO) and International Society and Federation of Cardiology with the assistance of Eastern Mediterranean nations and a large number of domestic manufacturers and distributors of medical equipment. The Eastern Mediterranean Congress on Preventive Cardiology is scheduled to be held biannually in one of the countries in the region and as the name implies it mostly concentrates on prevention of cardiovascular diseases.

The objects of the conference can be summarized as follows:

1. Emphasizing on the need for examination of the condition of cardiovascular patients and compelling these countries to issue statistics on the outbreak of such complaints, the rate of mortality, epidemic risk factors, economic damages resulting from such diseases and the epidemiology applied to control these diseases.

2. Initiating a new movement by continuously holding the Mediterranean Congress on Preventive Cardiology every two years in one of the regional states.

3. Establishing a Mediterranean association for prevention and treatment of cardiovascular diseases with the attendance of Mediterranean nations and using their experience for policy-making.

4. Attaining the aim outlined by the World Health Organization by the year 2000 in the field of cardiovascular diseases. In order to achieve that objective the regional states must, up to 1999, determine their condition from the point of view of heart disease epidemic, blood pressure increase, heart rheumatism diseases and the risks involved. The objectives of the World Health Organization have been detailed at the end of the resolution.



Dr. Masoud Pour Moqaddas, congress president

Meanwhile, a study of the dissertations submitted to the congress has led to the following recommendations for improvement of cardiovascular disease treatment:

Suggestions

1. Further investment in and concentration of preventive measures on the periods of childhood and primary school by coordinating the matter with the education departments in Iran and similar organizations in other countries. Adding preventive cardiology subjects to textbooks, training health, nutrition and physical education teachers in schools and making morning exercises compulsory, can greatly improve that end.

2. Approving binding regulations to formally ban cigarette smoking in public places.

3. Cooperation between radio and television and public education sector for preparation of educational films and programs with regard to preventive cardiology.

4. Using special food labels specifying the ingredients of foodstuff and preparing special diets with little risk involved for cardiovascular patients so that the patients can easily choose and use their suitable diet.

5. Reducing the amount of salt used in baking bread.

6. More use of unsaturated oil and replacing solid oil with unsaturated oil.

7. Educating expertise manpower to prevent cardiovascular diseases and organizing short-term preventive cardiology courses for cardiologists, internists and general practitioners.

8. Strengthening the system of registration in death certificates.

9. Strengthening the system of registration for heart seizures (infarctions).

10. Establishing preventive cardiology workshops once a year and inviting experts from various countries to attend such workshops.

World Health Organization's Objectives

A) By the End of 1997

1. At least 60 percent of countries would have made a situation analysis and initiated data collection activities required for the establishment of a CVD control program.

2. At least 40 percent of countries would have initiated the development of national plans for CVD control.

3. At least 20 percent of countries would be implementing CVD control activities, focusing on problems of first priority through community-based control measures.

B) By the Year 2000

1. All countries would have assessed the magnitude and impact of the CVD problem and considered instituting measures for prevention and control.

2. At least 40 percent of countries would have established national programs and implemented measures to prevent CVDs and to reduce risk factor profile.

Activities

1) Collaboration in further development and improvement of data collection systems.

2) Provision of technical advice and support to national efforts in formulation and implementation of CVD control programs.

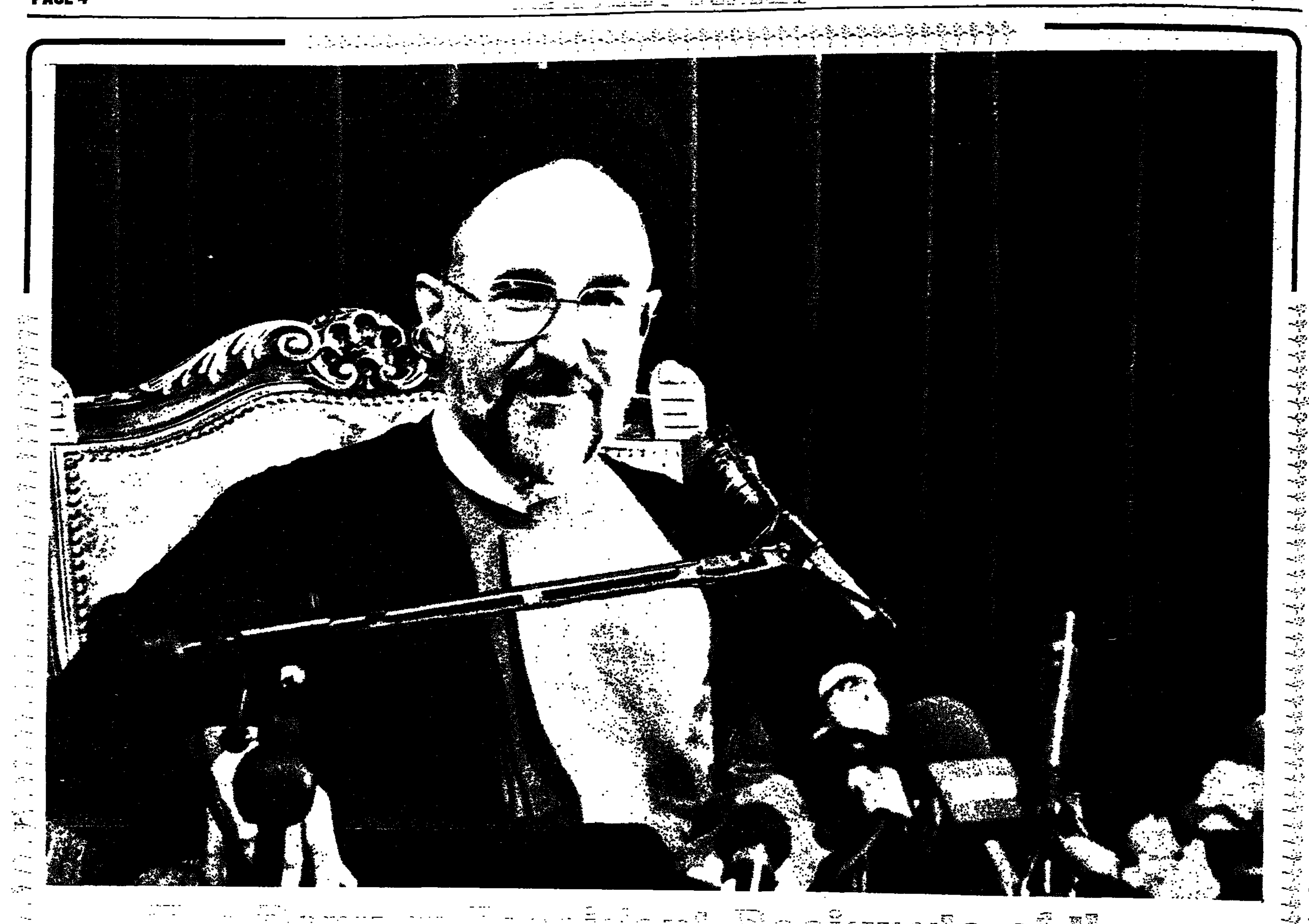
3) Provision of technical support and training to countries to respond to their specific needs.

4) Promotion of education activities in the region and support to national efforts directed toward the development of appropriate methods for public education.

5) Organization of at least one meeting every two years for national managers/coordinators of CVD control programs in countries with already-formulated plans.

6) Strengthening regional capabilities in epidemiological research and support to health system research related to the control of priority CVDs through training and provision of technical support when specifically required.

7) Development and dissemination of appropriate treatment guidelines for the commonly encountered CVDs which are consistent with local circumstances.



The Popular President-Designate of the Islamic Republic of Iran, Hojjatoleslam Seyed Mohammad Khatami

We wish to congratulate you on your stunning victory in the May 23 presidential election in which the people's participation was splendid. We also wish you great success in serving the people specially the youth, following the path of Imam Khomeini, preserving the independence and prestige of the Islamic Iran, bolstering the Islamic values and ensuring social justice.

Arak Ravan Zoub Company

شرکت روان ذوب اراک



Jazz 96, R

CONGRAT
SCHOLAR
ISLAM
THE PR
ELECTION
AND THE SU
WE HOP
PRESIDENT
BRIGHTER FU

Jazz 96, Rockets 91

SALT LAKE CITY — The MVP finally had the kind of game everyone was waiting for.

Karl Malone broke out of an eight-day bout with mediocrity Tuesday night, scoring 29 points in his most productive offensive game of the Western Conference finals as Utah defeated Houston 96-91 in game 5.

Malone, who shot 11-for-22 from the field — including 7-for-11 in the second half — also shut down Charles Barkley defensively to move the Jazz within one victory of the U.S. National Basketball Association finals.

"This one right here was so-so as far as I'm concerned," Malone said. "I can do better."

Malone, who had been saying "I'm due" for the better part of a week, grabbed 14 rebounds, shot 7-for-8 on free throws and handed out four assists. Several of his shots were rally-killers in the second half, when the Rockets refused to go down easily despite falling behind for good in the second quarter.

They will look to wrap up the series Thursday night in Houston,

Malone, who averaged 27.4 points on 55 percent shooting this season but just 22 points on 43 percent this series, also locked up the victory with two free throws with 13 seconds left that gave Utah a 96-89 lead.

"Sometimes you forget what Karl Malone can do for your team, but when the game's all done you notice. He came up with a heck of a game tonight," Jazz guard John Stockton said. "I knew Karl was going to come back ready to play."

It was the 22nd straight home victory for the Jazz, who haven't lost at the Delta Center since Feb. but they'll have to become the first team to win a road game in this series.

Six Utah players scored in double figures. Stockton had another strong game with 17 points, Bryon Russell scored 13, Jeff Hornacek 11 and reserves Howard Eisley and Antoine Carr had 10 each.

Hakeem Olajuwon scored 33 points for Houston, while Clyde Drexler had 15 and Matt Maloney 14.

Barkley, who unsuccessfully tried to draw Malone into a trash-talking duel in the first half, finished with just 10 points on 3-of-6 shooting. And he did almost nothing after making two 3-pointers in the first 3 1/2 minutes of the game.

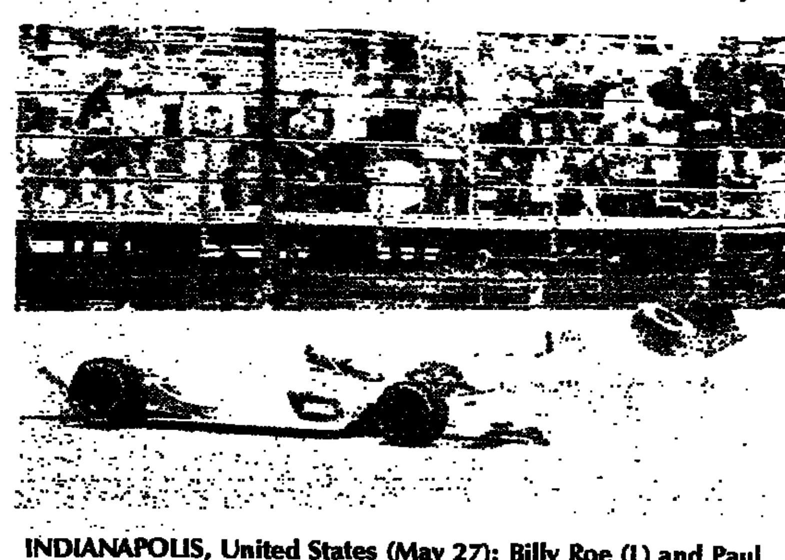
"I thought it was the best game we played in the series," Barkley said. "We got our butts kicked the first two times we played here, and in this game we had a chance to win. That will be encouraging for me on Sunday (a possible game 7)."

Part of the reason for Barkley's poor showing was Malone, who held his ground against Barkley in one-on-one isolations better than he did last weekend when the Rockets won two straight games to tie the series.

Malone also found the range on his turnaround jumper, which has become his bread-and-butter shot.

"If he keeps making that fadeaway jumper, I'll shake his hand after the series and say good luck against the Bulls," Barkley said.

(AP)



INDIANAPOLIS, United States (May 27): Billy Roe (L) and Paul Durant (R), both of the U.S., crash in turn three during the Indianapolis 500 automobile race at the Indianapolis Motor Speedway. The race started May 27 after two rain delays.

(AFP PHOTO)

Understanding Kung Fu as Described by a Master

Skills of Kung Fu

(Part 41)

Controlling Breath and Mind

What causes that the skills of fist (matto) and kick (kitto) are stronger than the skills of other fighting methods? The first reason is that the kung fu skills are superior to other methods' skills. The second reason is that the hands and legs as the weapons of a kung fu player are burdened with harsh and excessive exercises to be strong and rapid. For instance, kicking and blowing the targets such as punching bag, wood, sands poured in a vessel which have been used since long time ago.

The bones and joints of a kung fu player should be very strong; otherwise his hands and legs will be hurt or even broken when blowing and kicking the targets. The physical exercise can bring about power to some extent but the spiritual exercise is as important as the physical practice.

All the Eastern martial arts and most of Japanese sports put great emphasis on spiritual aspects, humility and self-sacrifice. But unfortunately, some young people pay no attention to them and just insist on learning the skills since they know the spiritual and mental aspects of martial arts as ambiguous matters because they have not experienced their effects on their soul and mind and in addition some of them believe that the Western methods are superior to the Eastern ones.

In fact, the final aim behind the Eastern martial arts' trainings is to develop soul and mental powers. Therefore, it is not an ambiguous issue since it deals with the real relation between body and soul. The mysteries of the Eastern trainings introduce the essential methods for creating unity between body and soul. These methods are fruitful not only in the technical field of martial arts but for the everyday life as well as psychological problems. They can be divided in three categories as follows:

1) Controlling breath

2) Developing the belly muscle

3) Meditation

Meditation which means deep, continued reflection or contemplation is done in a solemn ceremony enjoying its own special formalities and rites. Since long time ago, the scholars have believed that the belly is the center of soul and when a person focuses one's attention and concentrates in this area, he or she will enjoy high spirits. To develop the soul — some believe —, the belly should be strengthened. Lifting a heavy weight is a typical example of it. To do so, you have to contract your belly muscle to enjoy more power. This part of body which transfers the power to the other parts is called *'tandon'* in Japan. The power of *tandon* originates from contraction of muscles around the belly.

Minister Said Held as Taleban Ousted From Town

MAZAR-I-SHARIF, Afghanistan — The Taleban militia on Wednesday retreated from the northern Afghanistan capital of Mazar-i-Sharif after their enemies-turned-allies switched sides again.

The Taleban warriors, who control more than 80 percent of Afghanistan, withdrew after several hours of bitter clashes with the Hezb-i-Wahdat militia and the forces of a commander who originally invited them into the city.

One witness reported seeing the bodies of around 20 Taleban soldiers in the streets. He said he had seen supporters of General Abdul Malik shoot dead two Taleban fighters execution-style.

The Pakistan-based Afghan Islamic Press (AIP) reported that opposition forces in Mazar-i-Sharif had arrested Taleban Foreign Minister Mullah Mohammad Ghous and its northern military Commander Mullah Abdul Razzaq. Independent confirmation of the report was not immediately available.

United Nations agencies based in Islamabad turned down requests from foreigners in Mazar-i-Sharif to organize special airlifts to evacuate foreigners, sources in the Pakistan capital said.

The sources said the UN agencies were not operating flights because of "security risks."

The Taleban entered Mazar-i-Sharif, former headquarters of ethnic Uzbek warlord Abdul Rashid Dostam, last Saturday in what was seen as a major breakthrough in its attempt to take control of the whole of Afghanistan.

Malik turned against Dostam last week, took Mazar-i-Sharif and then sought an alliance with the Taleban. Dostam fled to Turkey and President Burhanuddin Rabbani was said to have gone to neighboring Tajikistan.

Clashes broke out Tuesday night after a meeting between Malik and Taleban Foreign Minister Mullah Mohammed Ghaus, who had come especially from Kabul.

After a night of street battles, intense artillery, mortar and rocket fire took a grip on the city Wednesday which came to an abrupt halt around midday. Residents and rival fighters reporting that most of the Taleban militia had pulled out.

There were also unconfirmed reports that the Taleban had suffered very heavy casualties.

Residents said small groups of Taleban were still in Mazar-i-Sharif but that Malik's soldiers were patrolling the streets.

Violence started Tuesday as the Taleban tried to seize the weapons of rival groups. Tension worsened after the Taleban tried to enter the district of Sayyad al-Abdad with armored vehicles in an attempt to disarm suspected Hezb members.

The Taleban foreign minister said 10,500 troops had been sent to northern Afghanistan in an effort to take the provinces not under Taleban control.

Before Wednesday's clashes, the Taleban had been negotiating with Hezb-i-Wahdat for a peaceful takeover of the central province of Bamiyan.

Key opposition commander Ahmad Shah Masood has also spoken with the Taleban's defense minister for the first time. (AFP)

Contd from Pg. 2)

OPINION ....

After the revolutionary students adhering to Imam Khomeini's line captured the U.S. Den of Spies, wrongly called the 'U.S. Embassy', they found clear evidence of the U.S. intervention in Iran's internal affairs and espionage operations. The embassy was closed down and the ties severed between the two countries.

There have since been numerous instances of the U.S. plots against the Islamic government. To cite a few examples, the aborted U.S. Air Force mission in Tabas desert, central Iran, the unsuccessful coup attempt by U.S. mercenaries at Shahrokhi Air Force Base, Hamadan Province and provoking the Iraqi dictator Saddam Hussein to stage a full-scale war against the Islamic Republic.

However, realizing its failure to weaken the Islamic government on the military front, the U.S. Administration has now resorted to disinformation and smear campaign against Iran, accusing it of fostering terrorism and seeking weapons of mass destruction and portraying it as a threat to the Arab states in the Persian Gulf.

It has also frozen billions of dollars worth of assets in its banks belonging to the Iranian nation. One may wonder what the reason for all this hostility is. The reason is that the Islamic Revolution overthrew the U.S.-backed Pahlavi regime in Iran and brought independence to the country.

Hojjatoleslam Khatami, at the press conference, said that the source of iciness in relations between Iran and the United States is the U.S. hostile attitude toward the Islamic Revolution and its ignoring the interests of the Iranian nation.

Indeed, the major outcome of the Islamic Revolution was the independence of the Iranian nation which, the U.S. fears, may set the example to the people in the countries under its domination.

Underlining that Iran will not compromise its independence at any price, Khatami noted that, as long as the United States tries to subvert the Islamic Revolution and harm its international image, there will be no relations between the two countries.

As the president-elect pointed out, the Islamic Republic of Iran will by no means submit to the U.S. hegemonic policies and arrogant attitude. Thus, any change in Iran's U.S. policy depends on the U.S. renouncing its smear campaign, rectifying its hostile stance against Iran and redressing its past mistakes. A positive overture could be the release of Iran's frozen assets in the United States.

PLO After Broadening of Ties With Iran

Tehran Times Service

TEHRAN — A member of the Executive Committee of Palestine Liberation Organization (PLO), Suleiman al-Najab, called for broadening of relations between the PLO and the Islamic Republic of Iran in order to retrieve the rights of the Palestinian people.

In an interview with IRNA, Al-Najab added that PLO Chairman Yasser Arafat presented a "good report" to the Palestinian leadership about his meeting with Iranian President Akbar Hashemi Rafsanjani at the sidelines of an Islamic summit in Islamabad, Pakistan, in March.

"We consider this meeting as a good start for the renewal of historic relations between Iran and the PLO," said Najab, who was in Athens to attend a UN-sponsored conference on Palestine.

"We hope that this meeting will be followed by visits and meetings to strengthen this relation," said Najab, who leads the Palestinian People's Party in the PLO.

"We are very keen on benefiting from the weight and role of Iran in support of the Arab rights and the rights of the Palestinian people in order to retrieve our lost rights in Palestine," he said.

Referring to the situation in occupied Palestine, Najab blamed Netanyahu's regime for rescinding on the agreements with the Palestinians, and warned that the failure of the so-called peace process would lead to an explosion "more dangerous than the *Intifada*."

Guardian Council Confirms Election Results

Tehran Times Service

TEHRAN — In a statement issued here Wednesday, the Guardian Council confirmed the result of the 7th presidential election held last Friday.

Following the deadline set for receiving any possible complain against the 7th presidential election came to end, the Guardian Council reviewed the files and made sure about the results of Friday election, the statement read.

China Raps U.S. Sanctions on Chemical Firms as 'Unlawful'

BEIJING — China on Wednesday slammed the United States for imposing "unlawful" trade sanctions on its chemical companies and nationals last week over alleged help for Iran's chemical weapons program.

"The fact is that the two Chinese companies and five citizens were conducting standard business activities conforming to international norms," the official *China daily* said in an editorial.

The one-year trade ban, announced last Thursday, showed the growing keenness of the United States to use economic sanctions, now that military intervention is no longer acceptable, it said.

"This willful practice based on the United States' domestic laws, has no support in international law and can only infringe upon normal international trade and incite confrontation," the newspaper said.

China, as a signatory to the UN chemical weapons convention, stands firmly against chemical weapons proliferation, it said, adding that U.S. allegations against Nanjing chemical industries group and affiliate Jiangsu Yongli Chemical Engineering and Technology Import/Export Corp. were "groundless."

It also said the sanction "may give U.S. hardliners added ammunition in their fight to have the Clinton administration adopt a tougher China policy."

The article hit newsstands just hours after a U.S. congressional leader lashed out at China's leaders and called for China's Most-Favored-Nation (MFN) trading status to be revoked.

The Chinese Chemical Industry Ministry has demanded the sanctions be lifted immediately. (AFP)

Violation of Human Rights in Occupied Lands Condemned

Tehran Times Service

TEHRAN — The Islamic Human Rights Commission here Tuesday appealed to the United Nations High Commissioner for Human Rights to stop the Zionist regime's violation of human rights in the occupied territories.

Condemning inhuman crimes being perpetrated in the occupied lands by the usurper regime of Qods, the Islamic Human Rights Commission in its letter called on the UN body to condemn the atrocities of the Zionist regime against the Palestinians and called on it to make Israel stop continuation of human rights violations.

In its letter the Islamic Human Rights Commission referred to a report appeared in the Tel Aviv-based *Yedioth Aharonoth* daily which has recently disclosed that the Israelis have treated 305 Palestinian children with AIDS-tainted syringes, and said that the families of the victims have no right to lodge any complaint against those responsible for the crime. According to Oslo Accord the Palestinians have no right to lodge any complaint against the Zionists in West Bank and Qaza Strip.

Iran Takes 10% in Azerbaijani Oil Project

BAKU, Azerbaijan — Azerbaijan's State Oil Company SOCAR has reached an agreement giving Iran's OIEC overseas ltd a 10% stake in the $2 billion Lenkoran-Talysh Deniz Oilfield under the Caspian Sea, a news agency said Wednesday.

Financial details were not released.

Interfax also said Germany's Deminex is likely to get a 10 percent stake in the project, although no deal has been struck.

The field has reserves of 700 million barrels of crude oil.

In January, Elf Aquitaine (Elf), Total Sa (TOT) and SOCAR signed a 30-year production-sharing contract, leading to stakes of 65% for Elf, 10 percent for Total and 25 percent for SOCAR. (AP)

(Contd From Pg. 1)

VELAYATI...

Tajikistan," he added.

Asked to comment on the attitude of the U.S. officials towards the election of Hojjatoleslam Khatami and their saying that Washington is waiting for changes in Iran's policies, Velayati noted that Iran also follows the developments in the White House to see whether the U.S. would renounce its hostility against Iran.

Rejecting any links between the Tajik peace talks and the current situation in Afghanistan, Velayati said that the talks have long been underway.

"As long as the UN recognizes Rabbani's government as the legal Afghan government, the Islamic Republic of Iran will do the same thing," the minister said, adding that Iran is sensitive about security along its eastern borders and, therefore, it will follow closely the developments in Afghanistan.

Concerning the Middle East peace talks and the mediation role played by Egypt, Velayati said that Israel is unlikely to change its expansionist policy and that it will continue to ignore the legitimate rights of the Palestinians.

"Iran believes that the best solution to the Palestinian issue is the unity among the Islamic countries," he added.

(Contd From Pg. 1)

LEADER...

international issues.

"I personally thank each and every member of the Islamic Consultative Assembly, particularly Majlis speaker Nateq Nouri and I hope that the Majlis will go ahead in this direction," Ayatollah Khamenei observed.

Elsewhere in his speech, Ayatollah Khamenei said that foreign media belonging to the enemies of Islam as usual tried to take advantage of people's massive presence at the polling stations in a bid to misportray the election as a sign of people's protest and criticism but the respected president-elect in his press conference gave a decisive response to the enemies.

Ayatollah Khamenei said that the campaign slogans of the president-elect concerning rule of law and order, social justice, elimination of discrimination, movement towards revolutionary and Islamic goals and allegiance to the ideals of the Late Imam Khomeini are the slogans of the revolution and Islamic system.

The Leader warned that the enemies are awaiting the least opportunity to make any trivial incident look bitter to people and to tarnish the image of the Iranian nation before the world.

"We thank God who himself led the Iranian people into going to the polling booths and taking this great divine test, thus displaying people's loyalty to this divine system," Ayatollah Khamenei said.

Ayatollah Khamenei said that all presidential contenders belonged to the Islamic system and all chanted slogans in defense of the system but the enemy is trying to turn such a unified move which took place in favor of the Islamic Republic of Iran into a dispute and strife. Therefore, he cautioned, it is necessary for all people, particularly Majlis deputies to be vigilant and prevent the enemy from materializing its plots.

In a brief speech, Majlis Speaker Hojjatoleslam Ali Akbar Nateq Nouri said that the Majlis deputies have carried out their heavy duties with sincerity and unity.

Voicing the MPs' allegiance to the Leader, Nateq Nouri said that the Majlis deputies are ready to cooperate with the future government as they did with the government of President Akbar Hashemi Rafsanjani.

(Contd From Pg. 1)

RUSSIA...

The message further read that Russia attaches great importance to Tehran-Moscow relations.

Yeltsin also wished success and prosperity for Hojjatoleslam Khatami and the Iranian nation.

According to another report, the Italian Prime Minister, Romano Prodi, sent a message to Hojjatoleslam Khatami on Wednesday, congratulating his landslide victory in the elections.

In his message, Prodi voiced his best wishes for Khatami's success, expressing hope that with the election of Khatami, who enjoys people's strong support, Tehran-Rome relations would further upgrade.

(Contd from Pg.11)

YOU...

nurture, don't criticize.

- Remember: Whether you think you can, or whether you think you cannot, you're right.
- Help someone else feel good about themselves. Notice an accomplishment and say, "Well done."
- Remember that problems and setbacks are not failures, they are learning experiences.
- Make a success list of things you have accomplished or done well. We naturally tend to forget all the good things we have done and focus on the few errors.

Bestow your love and appreciation (and even cards, flowers or gifts) on someone who has always been the closest to you. That person can be your spouse, mother or even yourself! You deserve a gift.

Cuba Complains ... Stop Nucl...



Ecuadorans App... President's ...

Cuba Complains U.S. Determined to Stop Nuclear Plant

HAVANA — Amid a crippling energy crunch, Cuba blamed the United States Saturday for "roadblocks" that are preventing the completion of the first Russian-technology nuclear plant in the Americas.

The United States, with amendments to its Helms-Burton sanctions law approved by the House of Representatives International Affairs Committee, was "as always trying to throw up roadblocks to solutions to (Cuba's) energy problems," the official Prensa Latina news agency said.

It said the committee decided "special attention must be paid" to stop the Juragua plant from ever getting on line.

With 11 million people in a country larger than Portugal, Cuba's energy shortfall remains among its key obstacles to continued economic growth. Blackouts plunge most of the country into darkness on a weekly basis.

The Cuban government now spends much of its hard currency earnings on the international market to buy oil to run its power plants.

With subsidized oil not available since the east bloc's collapse, the plant at Juragua — started back in 1980 — was meant to catapult Cuba to energy self-sufficiency.

By the time construction work ceased for lack of cash in September 1992, more than $1 billion had been poured into the plant featuring two updated VVER-440 reactors with B-318 technology fitted to tropical conditions.

Russia gave grants totalling $30 million to sustain the project, and both countries agreed to form an international consortium to complete construction of the two main reactors.

A study showed that to finish just the first of four reactors — which was 75 percent built — would require about $750 million.

Cuba agreed to pay $208 million and Russian $349 million, with the balance coming from another partner.

But efforts to find the third partner failed amid the firm opposition from Washington which cited safety doubts.

In a major official setback, President Fidel Castro said in January he was indefinitely halting his bid to build the plant in Cienfuegos, 250 kilometers (155 miles) east of Havana.

Castro told official media at the time "there was no hope" for finishing the plant even back in 1992 when work on it stopped. "And for now, there still is none," Castro lamented in a speech marking Cuban Science Day.

U.S. President Bill Clinton said in April 1993 the United States opposed Cuba's completing the plant, citing safety concerns and Havana's refusal to sign the Nuclear Non-Proliferation Treaty.

Cuba has underscored it met International Atomic Energy Agency requirements and inspections related to the plant.

The United States never charged Cuba with pressing anything but a peaceful nuclear program. In March 1996 however Washington adopted the law that would impose sanctions on Russia and any country taking part in work on the completion of the Juragua plant.

Since then, the Juragua project itself officially has languished and has not been highlighted in state media.

But when Grenada was Prime Minister Keith Mitchell paid an official visit to Cuba in April, official media reported that Cuban authorities escorted him on a tour of the Juragua facilites, a seemingly unusual point of pride.

In January, the president had said Cuba's nuclear program could "wait for a while" as Havana upgraded its oil-fuelled power plants, seeking to double their efficiency. (AFP)



Ecuadorans Approve Ousted President's Removal

QUITO — Ecuadoran voters overwhelmingly approved the ouster of former President Abdala Bucaram and confirmed Fabian Alarcon's appointment as interim president, according to exit polls.

Bucaram's ouster was approved by 78 percent of the voters in a national referendum, while 65 percent approved congress' appointment of Alarcon to replace him, according to Cedatos polling company head Polibio Cordova.

Cordova told reporters that 38 percent of eligible voters did not go to the polls, lower than the supreme electoral tribunal's forecast of 41 percent.

Alarcon will remain president until August 1998, when he will be required to call for elections to take place in May or June of 1999, and has the green light to propose constitutional reforms.

Polls opened at 7:00 a.m. (1200 GMT) and closed at 5:00 (2200 GMT).

The most important issue was the fate of the sometimes unpredictable Bucaram, who was ousted as president by the congress who declared in February that he was "mentally incapable of governing".

After taking office in August 1996, the flamboyant Bucaram, who was nicknamed "El Loco" (the nut), recorded a CD and was also accused of nepotism and abuse of power.

He quickly introduced an unpopular economic reform program that, along with his lavish lifestyle, led to violent protests and his downfall. The supreme court of justice here issued four warrants against him, including theft and misuse of public funds.

"The reality reflected in today's results is that (Bucaram) no longer has the support he had in last July's elections," said one of the electoral observers.

One polling company head, Jaime Duran, said that the 20 percent of voters who cast their ballots against ousting Bucaram were not in support of the ex-president, but were cast "in protest" against Ecuador's dire economic situation.

Union and peasant groups had said they plan to vote against Alarcon on the grounds that he has failed to live up to promises made to them in February.

While Alarcon has said that the vote is "very important", he has been criticized by some political circles who accuse him of calling the ballot unnecessarily.

Speaking at ceremony to kick off the vote, Alarcon said that the election will strengthen the nation's institutions and allow it to present a "solid front" to the world.

Voters also approved the formation of a National Assembly — to be composed of an as-yet undetermined number of members popularly elected — that will enact constitutional reforms. (AFP)



BEIJING, China (May 22): Chinese Foreign Minister Qian Qichen (R) chairs the opening session of the Hong Kong Preparatory Committee meeting at the Great Hall of the People in Beijing as the territory's chief executive-designate Tung Chee Hwa (L) and Beijing's top official on Hong Kong affairs, Lu Ping (2nd L) look on. The committee is expected to look at proposals setting down the method by which elections will take place in Hong Kong in its first year under Chinese rule.

(AFP PHOTO)

Quebec Future Dominates Much of the Canadian Election

MONTREAL — The pervasive question of Quebec's future within Canada has eclipsed bread-and-butter issues like jobs, social services and budget cuts, in the campaign for next Monday's general election.

At the start of the six-week campaign, most candidates seemed to agree that the main issues were the economy and social services.

But the campaign was quickly hijacked by the Quebec question with the backdrop of another referendum on the independence issue likely within a couple of years.

Federal Prime Minister Jean Chretien (liberal) has frequently insisted that the way to handle the Quebec situation is to continue a step-by-step process of reforming the constitution to give more power to the 10 provinces.

Using this method, he hopes to persuade the provinces to agree to Quebec being accorded the status of "distinct society", in recognition of its usage of the French language, civil laws and culture.

While dismissing this process as meaningless, Gilles Duceppe, leader of the bloc Quebecois, began the campaign with an apparently unsuccessful bid to broaden his party's support by attacking Chretien's record on job creation.

But the bloc, which is seeking an independent Quebec, was forced to return to its separatist Raison D'Etre as the constitutional row re-emerged.

The bloc, which is also trying to hold on to its position as the largest opposition party in the federal parliament, saw its support rocked by the revelation that former Quebec premier Jacques Parizeau was ready to make a unilateral declaration of independence within days if he had won the 1995 Quebec referendum.

Implicit in this revelation was that Parizeau would have reneged on a referendum pledge to negotiate Quebec's secession in good faith with the federal government.

Pouring oil on troubled waters, Preston Manning, leader of the populist reform party which has most of its support in the English-speaking west, has loudly proclaimed his opposition to Quebec being accorded the status of "distinct society" — arguing that all provinces are equal.

And Manning further fanned the flames of the potential fire by being the only other leader to support Duceppe's contention that a simple majority in favor of independence in the next Quebec referendum would be sufficient for the province to break away from the rest of Canada.

Manning also caused a furor with an election ad last week urging Canadians to elect a prime minister who had interests of all Canadians — and not just Quebeckers.

His ad was illustrated with pictures of Chretien, federal progressive Conservative Party leader Jean Charest, Duceppe and the current separatist premier of Quebec, Lucien Bouchard. All four hail from Quebec.

The Manning move came after three nationally televised, but Lacklustre, debates between the leaders of the five parties with seats in the House of Commons.

The only spontaneous applause generated in any of those debates was for charest when he declared he wanted to leave to his children the same united Canada he had inherited from his parents. (AFP)

Row Over Spratlys Cools Manila-Beijing Romance

MANILA — They appeared to be bosom friends as they went sailing on Manila Bay in November, dancing the waltz and crooning a duet of "let me call you sweetheart".

But six months after Chinese President Jiang Zemin met his Philippine counterpart Fidel Ramos the Romance between Asia's giant and its puny neighbor has cooled, their relations now dogged by suspicion and mistrust.

On Monday, Philippine and Chinese Foreign Ministry officials will meet in Beijing to try and defuse tension brought about by their competing claims over a cluster of bleak islets and rocks in the South China Sea.

"What we will tell them is let us not make the fire bigger," Philippine Foreign Secretary Domingo Siazon said on Sunday.

The long-standing row over the Spratly Islands and nearby shoals and reefs flared anew last month when Manila accused Beijing of sending armed naval ships into areas Filipinos occupy.

"China is approaching its international relations from a Marxist viewpoint," political analyst Carolina Hernandez said. "On the one hand, it talks to us nicely... at the same time it is making its creeping occupation of islands we claim."

Analysts said the Philippines was an ideal testing ground for Chinese probing, being one of the weakest members military of the Association of Southeast Asian Nations (ASEAN). (Reuter)

Angry S.Korean Worker Showers City With Money

SEOUL — A construction worker, embittered by South Korea's corruption scandals, threw two months worth of his salary out of a Seoul hotel room window on Tuesday, witnesses said.

"If you politicians need the money that badly, take it," he shouted. "This money would keep my wife and children alive, but I've sprinkled it for you."

The man who, was not identified, threw four million won ($4,488) bills onto the street where pedestrians scrambled to grab the money, witnesses said. *(Reuter)*

Japan Police Find Decapitated Body of Schoolboy

OSAKA — Investigators searched for a killer after they found the decapitated body and head of a missing 11-year-old boy with a hand-written message that appeared to taunt police.

"Try to catch me!" said a message written with a red pen on a piece of paper stuck in the mouth of Jun Hase, whose head was found in the area of his Kobe home and whose body was discovered later near the school he attended, police said.

Hase, 11, a student at Kobe's Tainohata Elementary School, had been missing since Saturday when he left his house saying he was going to visit his grandfather's house nearby, police said. *(Reuter)*

Boat People Returned to Vietnam as Saga Nears End

HANOI — Ninety-three Vietnamese boat people arrived in Hanoi yesterday on the last UN chartered repatriation flight there from Hong Kong in what officials said marked the virtual end to a two-decade-old refugee saga.

There was no fanfare. The weary group was transferred to a faceless arrival room at Hanoi's Noi Bai Airport where paperwork was processed as they awaited transfer to a transit camp.

"I left Vietnam in 1979. Now everything has changed a lot," said a tearful 44-year-old Vietnamese-Chinese man, who gave his name as Tho. "In the camp we used to fight crazily, we just wanted to break out... anyway, that ended and now we are here."

The 93 were part of the last major voluntary repatriation to be organized by the UN High Commissioner for Refugees (UNHCR). A further 152 people were flown to Ho Chi Minh City, formerly Saigon, 142 on a chartered plane and 10 aboard a commercial flight.



Officials said those boat people remaining in the British colony would either be deported over the next month or repatriated by the UNHCR individually on commercial flights.

But the fate of two groups — several hundred whom Hanoi has refused to recognize as Vietnamese nationals and more than 1,000 who have been granted refugee status but have yet to be offered resettlement in third countries — is less certain. *(Reuter)*

Sri Lanka Navy Hits Rebel Reinforcements at Sea

COLOMBO — Sri Lanka's navy sank at least seven Tamil Tiger guerrilla boats early on Wednesday when it intercepted a flotilla believed to be ferrying reinforcements to stop an army offensive in the north, military officials said.

Up to 50 Liberation Tigers of Tamil Eelam (LTTE) rebels may have been killed in the conflict off Kokkilai, 260 km (160 miles) northeast of Colombo, they said.

"There were about 15-20 terrorist boats, presumably taking reinforcements, just hugging the coast sailing south to north," a navy spokesman said. "They had deployed a few craft, including suicide boats, to give them defense."

The rebel boats were believed to be taking reinforcements to try to stall an army offensive into the LTTE's northern Wanni stronghold launched two weeks ago, military officials said.

The official said he believed at least 50 rebels would have been killed in the battle, but the navy spokesman said they estimated 25 to 30 guerrillas died. *(Reuter)*

Chirac Issues Warning as Socialists Grow Confident

PARIS — Conservative President Jacques Chirac warned yesterday that changing direction could be risky for France as leftist leaders sounded increasingly confident of victory in a snap parliamentary election.

"France cannot afford to change direction all the time without taking serious risks," Chirac told the final meeting of his cabinet before the decisive vote.

To change direction now would lead the country into "confusion and weakness", Chirac was quoted as saying by government spokesman Alain Lamassoure.

The president urged centerright ministers to explain to voters that "in the next five years, France must be governed in a modern, coherent and determined way".

But Socialist Party leader Lionel Jospin, the left's candidate for prime minister, urged Chirac to brace for a period of powersharing with a leftist alliance.

Cohabitation, as the French refer to power-sharing, "shows respect for what the people have decided," Jospin said.

It "is nothing but an attitude, a type of behavior, a spirit of responsibility towards one's country," he told Radio Luxembourg.

The left-wing opposition outpolled the center-right coalition by more than four points in last Sunday's first round of voting and polling firms said it was on course for a narrow majority if the pattern were repeated in Sunday's runoff.

Chirac told his cabinet that the work done by outgoing Prime Minister Alain Juppe, who has announced he will resign whatever the election result, had enabled the country to face the next stage of its development "in good conditions". *(Reuter)*

Turkey's Embattled Ciller Suggests Early Polls

ANKARA — Turkish coalition ally Tansu Ciller on Wednesday suggested holding early polls to clear a political bottleneck that has hamstrung the Islamist-led government and badly damaged her pro-Western party.

"An agenda with elections at the top of it has emerged. The solution is with the people," Ciller told a meeting of her True Path Party MPs.

Ciller's wing of the coalition has been steadily crumbling since the army began pushing Prime Minister Necmettin Erbakan to crack down on Islamist activism.

The True Path is to hold an executive meeting today to debate quitting the alliance. "Our party's bodies will meet in the days ahead and everything will become clear," Ciller said. *(Reuter)*

Kashmir Militant Claims Western Hostages Killed in 1996

SRINAGAR, India — Another guerrilla leader has claimed that four Western tourists abducted 22 months ago in Kashmir were murdered in January last year, official sources said Wednesday.

A top government source said Nazir Ahmed Najjar of the Harkat-ul-Ansar separatist group told Indian interrogators the two Britons, a German and an American were shot and buried by their abductors on January 26 or 28, 1996.

American Donald Hutchings, Britons Paul Wells and Keith Mangan and German Dirk Hasert were kidnapped by militants of the Al-Faran separatist group while trekking in Kashmir on July 4 and July 8, 1995.

The government sources said Najjar was believed to be a witness to the killings, and quoted him as saying that the Westerners were shot with a pistol fitted with a silencer.

"Najjar has said 'the four were killed with a pistol after orders were issued from senior member of the Al-Faran and those who killed (the hostages) have also died,'" a source told AFP in Srinagar.

The Harkat guerrilla leader's arrest last week and his claims sparked off a search Monday for the bodies of the hostages in the dense forests around mountainous Kokernag district. *(AFP)*

Howard: No Compensation for "Stolen" Aborigines

CANBERRA — Australian Prime Minister John Howard rejected calls on Wednesday to pay compensation to a "stolen generation" of aborigines taken from their parents during decades of forced assimilation by whites.

"This is asking one generation to accept legal responsibility for the acts of earlier generations," Howard told Parliament in an emotional debate which saw opposition leader Kim Beazley in tears.

"Once a nation begins to go down that path, there is in fact no end," the conservative prime minister added.

The debate came as a landmark reconciliation conference ended in Melbourne with a warning that racial harmony could not be achieved without the nation's 200-year-old land conflict first being resolved.

Aboriginal leaders also called for a government apology and compensation to the tens of thousands of children uprooted under the assimilation policy, labelled genocidal this week in a report from Australia's human rights commission. *(Reuter)*

Indonesia Puts Poll Riot Death Toll at 124



JAKARTA — Indonesian police yesterday put the death toll in last week's riot and arson attacks in the south Kalimantan provincial capital of Banjarmasin at 124, the official Antara news agency reported.

Local newspapers in Banjarmasin had earlier reported that up to 142 died in the violence which started on Friday afternoon with clashes between rival political supporters on the last day of Indonesia's violence-marred election campaign.

Antara quoted Indonesian National Police Chief Lieutenant-General Dibyo Widodo as telling reporters in Jakarta that 124 bodies had been found. Only 15 had been identified.

Banjarmasin mayor Sadjoko was quoted as saying the city administration was preparing a mass grave for the unidentified victims.

Most of the dead were killed in a fire at the Mitra Plaza Shopping Complex late in the evening after rioters rampaged through the center of the riverside town of 400,000 people, destroying shopping centers, hotels, churches, banks, shops and vehicles. *(Reuter)*

Texas Town in Shock After Killer Tornado

JARRELL, Texas — Rescue workers searched through the night on Wednesday for more victims of a deadly tornado that killed at least 30 people and left this small Texas town in a state of shock.

Survivors waited silently on Jarrell's dimly-lit main street for news of friends and families still missing in the twisted wreckage of dozens of homes destroyed by the storm that swept through on Tuesday afternoon.

Police wading in knee-deep mud called out for batteries to run heat-imaging devices they used to look for victims. At coffee breaks, they struggled for words to describe the scene.

The tornado was one of six that struck central Texas in a spring storm that also brought torrential rains and baseball-sized hail. *(Reuter)*

Clinton Urges EU to Bring East Europe in From Cold

THE HAGUE — The United States on Wednesday urged Western Europe to embrace the emerging democracies and markets of the former Soviet Bloc to further the cause of European security, stability and trade.

Attending a twice-yearly summit with European Union leaders in The Hague, U.S. President Bill Clinton said more private investment needed to be pumped into East Europe's ex-communist states to build on already substantial aid from the West.

Amid security unprecedented in the Netherlands, Clinton and a host of European leaders met to commemorate the plan proposed in 1947 by then Secretary of State George Marshall that is credited with kick-starting Europe's shattered post-war economy.

"This meeting between the United States and the European Union is a symbol of how we're fulfilling the real dream and promise of the Marshall plan," Clinton told reporters.

"The Marshall plan...was open to all of Europe but for half the continent the dream of recovery was denied," he told a palace lunch hosted by Dutch Queen Beatrix.

Clinton, Dutch Premier Wim Kok and European Commission President Jacques Santer stopped short of announcing a second Marshall plan, but urged greater efforts at integration. *(Reuter)*



HOJJATOLESLAM SEYED MOHAMMAD KHATAMI

We wish to congratulate your landslide victory to the Supreme Leader, Ayatollah Khamenei, and express our gratitude to the pious and heroic nation of Iran for their massive turnout on May 23. We wish you great success in achieving the high objectives of the Islamic Republic of Iran.

Personnel & Management of

Yazd Wire & Cable Company

با عرض ادب به محضر حضرت آیت‌الله العظمی خامنه‌ای رهبر معظم انقلاب و ولی‌امر تمامی مسلمین جهان و با تشکر از ملت خداجو و قهرمان ایران که با حضور یکپارچه خود در یوم‌ا... دوم خرداد در پای صندوق رأی بیعت جاوید خود را با مقام ولایت و نظام مقدس جمهوری به تمامی کفر جهانی و استکبار اعلام نمودند.

انتخاب شایسته و بحق جنابعالی را به ریاست جمهوری اسلامی ایران تبریک عرض نموده، امید است در پرتو عنایات حق‌تعالی و حمایت مقام معظم رهبری در انجام این رسالت بزرگ موفق و مؤید باشید.

کارکنان و مدیریت شرکت سیم و کابل یزد

sues Warning
s Grow Confide

ia Puts Poll Ri
h Toll at 124







By: Ayatollah Murtada Mutahhari

Part 17

A Muslim ibn Awsajah, a Habib ibn Muzahir, and a Zuhayr ibn Qayn come into being.

Anyhow, it must be remembered that not all *shuhada* hold the same status.

Imam Hussein (AS) has offered a testimony concerning the *shuhada* of Ashura which indicates their high status. It is known that the *shuhada* hold a prominent position among the pious and the virtuous. And the companions of Imam Hussein hold a prominent position among the *shuhada*. Do you know what Imam Hussein's testimony was? Though his companions had been screened previously and those found unfit had been asked to leave, he gave them their final test on the night of Ashura. This time, not a single person was rejected. There are two versions of the report. According to the first version, Imam Hussein (AS) had a tent where the water was placed. He is reported to have assembled all his companions there. The second version just says that he assembled all his companions in the evening. Why he chose that tent, we do not know exactly. Probably he did so because that night there were no water-skins there. The only water which might have been available was that which was brought by Imam Hussein's son, Ali Akbar, from the watering place at the Euphrates. It is reported by the authentic chroniclers of the battle of Karbala that on the night of the tenth of Muharram Imam Hussein (AS) sent his son with a small contingent to fetch water. The mission was successfully accomplished. All drank from the water he brought. Later, Imam Hussein (AS) asked them to take a bath and wash themselves. He told them that it was the last supply of water in the world that they were getting. Whatever might be the case, he assembled together all his companions and permitted anyone to leave who so wished. He then delivered an eloquent and forceful sermon to them, in which he referred to the developments of that afternoon.

You must have heard that the enemy had delivered his last ultimatum on the evening of the ninth of Muharram, according to which the Imam had to make his final decision by the morning of the tenth of Muharram. Imam Zayn al-Abidin, who was present on that occasion, related that Imam Hussein (AS) assembled his companions in a tent, adjacent to the tent in which he (Imam Zayn al-Abidin) was confined to bed, and delivered a sermon. He began by saying, "I praise God with the best praise. I am thankful to him in all circumstances, whether pleasant or otherwise."

For a person who takes a step in the pursuit of truth and righteousness, all that happens is good. A righteous man, consciously performs his duty in all circumstances, irrespective of the consequences. In this connection, Imam Hussein (AS) gave a very interesting reply to the celebrated poet, Farazdaq, who met him on his way to Karbala. Farazdaq explained the dangerous situation of Iraq. In reply the Imam said, "If things develop as we want, we will praise God and seek his help in being thankful to him; but if anything untoward happens, we won't be the losers, because our intentions are good and our consciences are clear. Hence whatever comes about is good, not bad. I am thankful to him in all circumstances, whether pleasant or otherwise." What he meant to say, was that he had seen good days and bad days in his life.

(To be contd.)

اِعمَلْ عَمَلَ رَجُلٍ يَعلَمُ اِنَّهُ مَأخُوذٌ بِالاِجْرامِ وَ مَجْزِيٌّ بِالاِحْسانِ

Act as a man who is well aware that he will be punished for his evil doing and rewarded for his beneficence.

THE ASHURA UPRISING



We must all know that, that which unites Muslims is the political dimension of lamentation for the Infallible Imams (AS) especially lamentation for the Lord of the Oppressed and the Master of Martyrs, His Holiness Abi Abdullah Imam Hussein (AS). It preserves the "nationality" of the Muslims particularly the 12-Imamate Shiites.



The Captives' Caravan

Part 10

His punishment always overtakes the tyrants, sooner or later. Does not the Holy Quran narrate the instances of the prophets of God suffering untold hardships at the hands of the people to whom they had come to preach?"

This forthright reply rendered Yazid speechless. His befuddled mind could not think of anything in reply to Ali's retort. One of his subservient courtiers, who was ever anxious to curry favor with him, thought up a plan to relieve the tension that was mounting.

Getting up from his seat, he bowed before the throne and said: "Your Majesty, I beg of you to bestow Hussein's favorite daughter Sakina on me as a slave in reward for the services I have rendered to you."

Hardly had the wretch concluded these words when Zainab, who was till then standing silently with her head bowed, with Sakina by her side, got infuriated as she had never been before and in a loud and ringing voice she said: "You wretched, servile minion of Yazid, have you lost all sense of shame that you want to enslave the Prophet's grandchildren? Is there none amongst you to object to the shameless request of this cur?"

Behind Yazid's throne, a velvet, gold-embroidered curtain had been drawn where the ladies of his harem were seated. As Zainab was protesting against the preposterous request of the courtier for enslaving Sakina, Yazid's favorite wife Hinda entered the enclosure reserved for his harem. She was a devout and pious lady who had, before her marriage with Yazid served as a lady-in-waiting in Zainab's household during the time of Maula Ali's Khalifate. She had, even after her marriage, retained her love for and devotion to Zainab. Yazid, knowing this, had carefully concealed from her his plans for killing Hussein and had taken good care to see that she was not informed about the aftermath of Karbala. When she heard from behind the curtain the voice of Zainab and the mention of enslavement of the grandchildren of the Prophet, she got extremely perturbed. As if by premonition, she had become restless for several days and was seeing in her dreams Zainab and her sister Umme Kulsum, both weeping bitterly and telling her that they had lost their all in this world. She had, as if by intuition, gathered that her evil-minded husband was bent upon some heinous crime which she could not figure out.

When Hinda heard the words of Zainab, she could not contain herself. In a moment of frenzy she rushed out of the enclosure without a veil, demanding to know who had dared to talk about enslaving the children of the Prophet's house. Yazid was so perturbed by his wife, known for her matchless beauty throughout his kingdom, coming into the open court without her veil, contrary to the custom of those days, that he hurriedly shouted orders dismissing the court, gave instructions to Amr Saad to lead the captives to the darkest dungeons in the fort and to await his further orders. He then rushed from his palace. The good-lady kept on requesting him to tell her what had tranpired that day, who the prisoners were and why somebody had mentioned about the enslavement of the grandchildren of the Prophet. He gave her evasive replies and tried to allay her fears by saying that the prisoners had nothing to do with the Prophet.

The captives' caravan concluded its journey in the dark, desolate dungeons of the fort of Damascus, which was infested with snakes an scorpions. As soon as the doors were locked, both Zainab and 'Ali Zainal Abedeen engaged themselves in prayers.

They both prostrated their heads and prayed to Allmightly God to grant them strength and courage to bear what was in store for them. They both thanked Him for sustaining them through their greatest hour of trial, for enabling them to put up with unparalleled humiliations without a word of complaint against His Dispensation.

(Concluded)

IMAM HUSSEIN IBN ALI (AS)

PART 18

6. Crowning Yazid as the new king after his father, Mu'awiyah. Such a move was taken in a severe atmosphere of oppression, and in line with the stick-and-carrot policy, which ran counter to the peace treaty which appointed Imam Hassan (AS) as the next caliph after the death of Mu'awiyah. If Imam Hassan (AS) himself was already dead at the time of Mu'awiyah's death, the document said that Imam Hussein (AS) would be the next caliph.

And so Mu'awiyah completed his plot of revoking every term of the treaty he concluded with Imam Hassan (AS) Mu'awiyah, thus, went another step in tresspassing the Islamic concept of rule, by adopting the hereditary rule, which implies dictatorship, as a system of rulership in the Muslim world. Islamic principles and the Muslim ummah were exposed to the most violent tragedy in their history. The ummah's movement swerved off the right track it was supposed to tread.

Deviation took a clear shape shortly after the death of Mu'awiyah and the ascension of Yazid to the office of caliphate. Such was the desire of Mu'awiyah who nurtured and kept it alive till it was completely realized.

The mandate given to Yazid to lead the Muslim ummah, plan its future, and define its course of action meant, in reality, the liquidation of the Islamic existence. It was an actual regression from it shrouded in another attire.

Yazid, as history testifies, was overwhelmed by deviation in his thought, practices and feelings. Unbiased researchers would admit that Yazid could not find the chance to consciously open to Islam and its high objectives which models man as an individual and a member in a society in a way that keeps him totally away from the pillars of ignorance. It is the best model of man any ideology can produce.

(To be contd.)



Angry S.Korean Worker Showers City With Money

SEOUL — A construction worker, embittered by South Korea's corrpution scandals, threw two months worth of his salary out of a Seoul hotel room window on Tuesday, witnesses said.

"If you politicians need the money that badly, take it," he shouted. "This money would keep my wife and children alive, but I've sprinkled it for you."

The man who, was not identified, threw four million won ($4,488) bills onto the street where pedestrians scrambled to grab the money, witnesses said. *(Reuter)*

Japan Police Find Decapitated Body of Schoolboy

OSAKA — Investigators searched for a killer after they found the decapitated body and head of a missing 11-year-old boy with a hand-written message that appeared to taunt police.

"Try to catch me!" said a message written with a red pen on a piece of paper stuck in the mouth of Jun Hase, whose head was found in the area of his Kobe home and whose body was discovered later near the school he attended, police said.

Hase, 11, a student at Kobe's Tainokata Elementary School, had been missing since Saturday when he left his house saying he was going to visit his grandfather's house nearby, police said. *(Reuter)*

Boat People Returned to Vietnam as Saga Nears End

HANOI — Ninety-three Vietnamese boat people arrived in Hanoi yesterday on the last UN chartered repatriation flight there from Hong Kong in what officials said marked the virtual end to a two-decade-old refugee saga.

There was no fanfare. The weary group was transferred to a faceless arrival room at Hanoi's Noi Bai Airport where paperwork was processed as they awaited transfer to a transit camp.

"I left Vietnam in 1979. Now everything has changed a lot," said a tearful 44-year-old Vietnamese-Chinese man, who gave his name as Tho. "In the camp we used to fight crazily, we just wanted to break out... anyway, that ended and now we are here."

The 93 were part of the last major voluntary repatriation to be organized by the UN High Commissioner for Refugees (UNHCR). A further 152 people were flown to Ho Chi Minh City, formerly Saigon, 142 on a chartered plane and 10 aboard a commercial flight.



Officials said those boat people remaining in the British colony would either be deported over the next month or repatriated by the UNHCR individually on commercial flights.

But the fate of two groups — several hundred whom Hanoi has refused to recognize as Vietnamese nationals and more than 1,000 who have been granted refugee status but have yet to be offered resettlement in third countries — is less certain. *(Reuter)*

Sri Lanka Navy Hits Rebel Reinforcements at Sea

COLOMBO — Sri Lanka's navy sank at least seven Tamil Tiger guerrilla boats early on Wednesday when it intercepted a flotilla believed to be ferrying reinforcements to stop an army offensive in the north, military officials said.

Up to 50 Liberation Tigers of Tamil Eelam (LTTE) rebels may have been killed in the conflict off Kokkilai, 260 km (160 miles) northeast of Colombo, they said.

"There were about 15-20 terrorist boats, presumably taking reinforcements, just hugging the coast sailing south to north," a navy spokesman said. "They had deployed a few craft, including suicide boats, to give them defense."

The rebel boats were believed to be taking reinforcements to try to stall an army offensive into the LTTE's northern Wanni stronghold launched two weeks ago, military officials said.

The official said he believed at least 50 rebels would have been killed in the battle, but the navy spokesman said they estimated 25 to 30 guerrillas died. *(Reuter)*

Chirac Issues Warning as Socialists Grow Confident

PARIS — Conservative President Jacques Chirac warned yesterday that changing direction could be risky for France as leftist leaders sounded increasingly confident of victory in a snap parliamentary election.

"France cannot afford to change direction all the time without taking serious risks," Chirac told the final meeting of his cabinet before the decisive vote.

To change direction now would lead the country into "confusion and weakness", Chirac was quoted as saying by government spokesman Alain Lamassoure.

The president urged center-right ministers to explain to voters that "in the next five years, France must be governed in a modern, coherent and determined way".

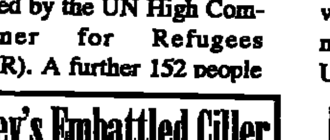
But Socialist Party leader Lionel Jospin, the left's candidate for prime minister, urged Chirac to brace for a period of power-sharing with a leftist alliance.

Cohabitation, as the French refer to power-sharing, "shows respect for what the people have decided," Jospin said.

It "is nothing but an attitude, a type of behavior, a spirit of responsibility towards one's country," he told Radio Luxembourg.

The left-wing opposition outpolled the center-right coalition by more than four points in last Sunday's first round of voting and polling firms said it was on course for a narrow majority if the pattern were repeated in Sunday's runoff.

Chirac told his cabinet that the work done by outgoing Prime Minister Alain Juppe, who has announced he will resign whatever the election result, had enabled the country to face the next stage of its development "in good conditions". *(Reuter)*



Turkey's Embattled Ciller Suggests Early Polls

ANKARA — Turkish coalition ally Tansu Ciller on Wednesday suggested holding early polls to clear a political bottleneck that has hamstrung the Islamist-led government and badly damaged her pro-Western party.

"An agenda with elections at the top of it has emerged. The solution is with the people," Ciller told a meeting of her True Path Party MPs.

Ciller's wing of the coalition has been steadily crumbling since the army began pushing Prime Minister Necmettin Erbakan to crack down on Islamist activism.

The True Path is to hold an executive meeting today to debate quitting the alliance. "Our party's bodies will meet in the days ahead and everything will become clear," Ciller said. *(Reuer)*

Kashmir Militant Claims Western Hostages Killed in 1996

SRINAGAR, India — Another guerrilla leader has claimed that four Western tourists abducted 22 months ago in Kashmir were murdered in January last year, official sources said Wednesday.

A top government source said Nazir Ahmed Najjar of the Harkat-ul-Ansar separatist group told Indian interrogators the two Britons, a German and an American were shot and buried by their abductors on January 26 or 28, 1996.

American Donald Hutchings, Britons Paul Wells and Keith Mangan and German Dirk Hasert were kidnapped by militants of the Al-Faran separatist group while trekking in Kashmir on July 4 and July 8, 1995.

The government sources said Najjar was believed to be a witness to the killings, and quoted him as saying that the Westerners were shot with a pistol fitted with a silencer.

"Najjar has said 'the four were killed with a pistol after orders were issued from senior member of the Al-Faran and those who killed (the hostages) have also died,'" a source told AFP in Srinagar.

The Harkat guerrilla leader's arrest last week and his claims sparked off a search Monday for the bodies of the hostages in the dense forests around mountainous Kokernag district. *(AFP)*

Howard: No Compensation for "Stolen" Aborigines

CANBERRA — Australian Prime Minister John Howard rejected calls on Wednesday to pay compensation to a "stolen generation" of aborigines taken from their parents during decades of forced assimilation by whites.

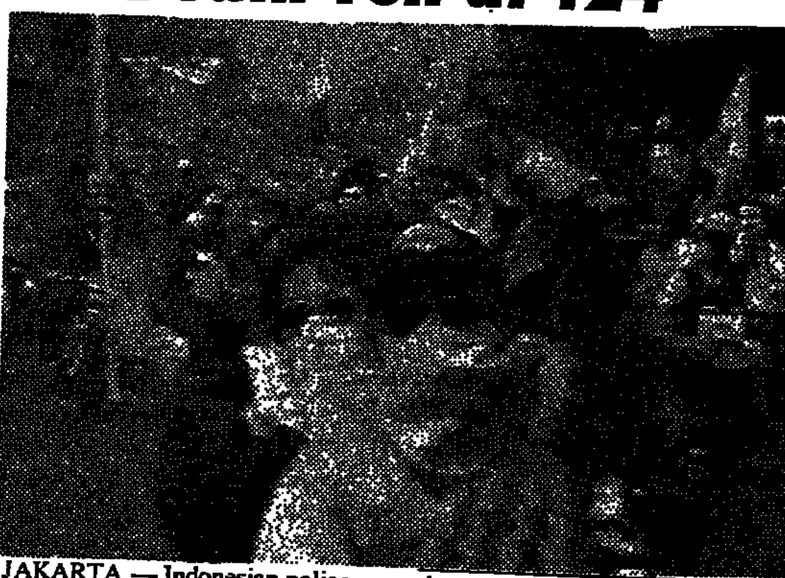
"This is asking one generation to accept legal responsibility for the acts of earlier generations," Howard told Parliament in an emotional debate which saw opposition leader Kim Beazley in tears.

"Once a nation begins to go down that path, there is in fact no end," the conservative prime minister added.

The debate came as a landmark reconciliation conference ended in Melbourne with a warning that racial harmony could not be achieved without the nation's 200-year-old land conflict first being resolved.

Aboriginal leaders also called for a government apology and compensation to the tens of thousands of children uprooted under the assimilation policy, labelled genocidal this week in a report from Australia's human rights commission. *(Reuter)*

Indonesia Puts Poll Riot Death Toll at 124



JAKARTA — Indonesian police yesterday put the death toll in last week's riot and arson attacks in the south Kalimantan provincial capital of Banjarmasin at 124, the official Antara news agency reported.

Local newspapers in Banjarmasin had earlier reported that up to 142 died in the violence which started on Friday afternoon with clashes between rival political supporters on the last day of Indonesia's violence-marred election campaign.

Antara quoted Indonesian National Police Chief Lieutenant-General Dibyo Widodo as telling reporters in Jakarta that 124 bodies had been found. Only 15 had been identified.

Banjarmasin mayor Sadjoko was quoted as saying the city administration was preparing a mass grave for the unidentified victims.

Most of the dead were killed in a fire at the Mitra Plaza Shopping Complex late in the evening after rioters rampaged through the center of the riverside town of 400,000 people, destroying shopping centers, hotels, churches, banks, shops and vehicles. *(Reuter)*

Clinton Urges EU to Bring East Europe in From Cold

THE HAGUE — The United States on Wednesday urged Western Europe to embrace the emerging democracies and markets of the former Soviet Bloc to further the cause of European security, stability and trade.

Attending a twice-yearly summit with European Union leaders in The Hague, U.S. President Bill Clinton said more private investment needed to be pumped into East Europe's ex-communist states to build on already substantial aid from the West.

Amid security unprecedented in the Netherlands, Clinton and a host of European leaders met to commemorate the plan proposed in 1947 by then Secretary of State George Marshall that is credited with kick-starting Europe's shattered post-war economy.

"This meeting between the United States and the European Union is a symbol of how we're fulfilling the real dream and promise of the Marshall plan," Clinton told reporters.

"The Marshall plan...was open to all of Europe but for half the continent the dream of recovery was denied," he told a palace lunch hosted by Dutch Queen Beatrix.

Clinton, Dutch Premier Wim Kok and European Commission President Jacques Santer stopped short of announcing a second Marshall plan, but urged greater efforts at integration. *(Reuter)*

Texas Town in Shock After Killer Tornado

JARRELL, Texas — Rescue workers searched through the night on Wednesday for more victims of a deadly tornado that killed at least 30 people and left this small Texas town in a state of shock.

Survivors waited silently on Jarrell's dimly-lit main street for news of friends and families still missing in the twisted wreckage of dozens of homes destroyed by the storm that swept through on Tuesday afternoon.

Police wading in knee-deep mud called out for batteries to run heat-imaging devices they used to look for victims. At coffee breaks, they struggled for words to describe the scene.

The tornado was one of six that struck central Texas in a spring storm that also brought torrential rains and baseball-sized hail. *(Reuter)*

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Report: New Zealand Cigarettes Have Twice the Nicotine Content

WELLINGTON — A health report said Tuesday that New Zealand sold cigarettes have twice the level of addictive nicotine compared with those sold in the United States and Canada.

Cigarettes sold in packets of 10, most favored by younger smokers, had the highest nicotine content on average, according to a study published in the New Zealand public health report.

But the tobacco institute dismissed the study as "farcical in the extreme" while associate health minister Neil Kirton labeled the tobacco industry "irresponsible".

The report's authors, Tony Blakely, Murray Laugeson, Robert Symons and Kevin Fellows, said tests done on 16 brands of manufactured, filtered cigarettes showed nicotine content ranged from 16.5mg to 27.7mg in each cigarette.

The mean nicotine content was 19.5mg for regular brands and 17.5mg for mild cigarettes.

Some manufacturers' mild cigarette brands had a higher nicotine concentration than other regular cigarettes.

The tests showed the mean nicotine content of regular manufactured cigarettes sold in New Zealand was about double the reported content of those available in the United States and Canada.

The results showed that nicotine levels in New Zealand cigarettes could be lowered, they said.

"Lowering nicotine in cigarette tobacco could be expected to lower the addiction risk for those at imminent risk of becoming addicted," they said.

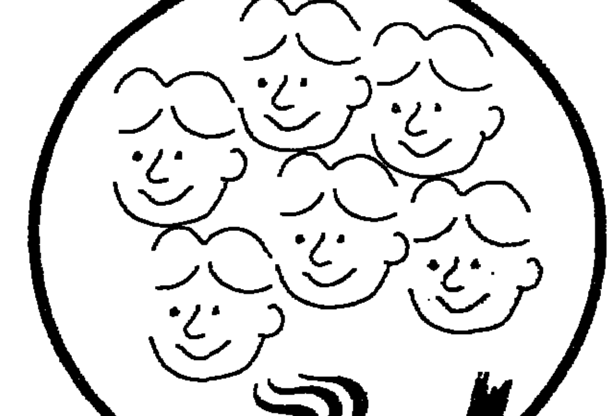
"Young people who temporarily experiment with cigarettes lower in nicotine content may be less likely to become addicted and former smokers smoking a single cigarette may be less likely to resume smoking permanently," they said.

The executive director of the tobacco institute Michael Thompson said the study was wrong.

"I challenge anyone to find me a cigarette in New Zealand that exceeds 2.0mg. They won't find one that's manufactured in New Zealand," he said.

Tobacco companies are required to declare on nicotine levels on the side of packets and an international standard method of testing had been in New Zealand for a number of years, and had never been queried, Thompson said.

"What has happened in this study I do not know, but they have made a mistake.





"Really, my message to those people is if they'd come to us before they'd released it, we'd have found out where the mistake is, but they are wrong," he said.

On the report's claims regarding packs of 10, Thompson said: "It's absolute rubbish. The packs of 10 are no different than packs of 20. Look on the side of the pack."

But Kirton said the tobacco industry was being "most irresponsible" selling cigarettes with nicotine levels twice as high as in United States and Canada.

New smokefree legislation, currently before Parliament, would ban packs of 10.

It would include regulations allowing nicotine content to be reduced.

Kirton termed the high nicotine levels as "most disappointing and most irresponsible" and said the tobacco industry should be called to account.

"This is a question that should be posed to them — what on earth are you up to? You've got a product out there, you want to get people hooked and you want to keep them hooked and I'm very, very concerned about that."

(AFP)

Ripley's Believe It or Not!

DONALD HARTER of Wichita, Kan., EARNED SIX BACHELOR'S DEGREES IN 15 YEARS! (1980-95)

JOHN SARICH of London, Ont., PUSHED A WHEELBARROW LOADED WITH 3.75 TONS of BRICKS A DISTANCE OF 240 FEET!

Believe It or Not! WOLVES BITTEN BY RATTLESNAKES TREAT THEIR WOUNDS BY CHEWING THE ROOTS OF A PLANT CALLED SERPENTARIA!

10-6

SCRABBLE® BRAND GRAMS

I1	I1	A1	E1	V4	T1	T1	Double Word Score	RACK 1
C3	A1	A1	O1	S1	R1	M3		RACK 2
S1	A1	U1	L1	A1	C3	A1		RACK 3
V4	E1	E1	D2	N1	I1	I1	3rd Letter Triple	RACK 4

PAR SCORE 100-110

by JUDD

FOUR RACK TOTAL ______
TIME LIMIT: 20 MIN

DIRECTIONS: Make a 2- to 7- letter word from the letters in each row. To total points of your words, use scoring directions to right of each row. 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All Judd's words can be found in OSW Official Scrabble Words (Chambers). JUDD'S SOLUTION TOMORROW

5-13-95

SCRABBLE BRAND GRAMS SOLUTION BY JUDD

Q10	U1	O1	I1	N1			RACK 1 =	14
C3	H4	E1	R1	R1	Y4		RACK 2 =	22
K5	I1	T1	T1	E1	N1	S1	RACK 3 =	61
P3	E1	S1	K5	I1	L1	Y4	RACK 4 =	64

PAR SCORE 100-110 JUDD'S TOTAL 161

5-12-95

DENNIS THE MENACE

by Hank Ketcham

"WOULDN'T IT BE GREAT TO HAVE A WHOLE LAKE OF LEMONADE TO SWIM IN?"

"BETTER FISH HIM OUT.. HERE COMES MARGARET."

HEALTH CAPSULES®

by Michael A. Petti, M.D.

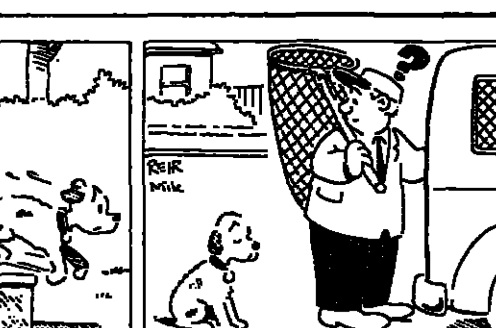
ARE THE NEW SELF-TANNING LOTIONS SAFE?

THOSE CONTAINING DHA ACT ONLY ON THE SKIN SURFACE AND ARE SAFE, BUT THEY DON'T PROTECT YOUR SKIN FROM THE SUN.

Health Capsules is not intended to be of a diagnostic nature.













THOUGHT

Good manners will open doors that the best education cannot.

(Clarence Thomas)

PRAYER

Noon	13:02
Evening	20:38
Dawn (tomorrow)	04:07
Sunrise (tomorrow)	05:47

Study Says Potassium Can Lower Blood Pressure

CHICAGO — Oral intake of potassium has been found to significantly reduce blood pressure, researchers who analyzed dozens of previous studies said this week.

"The existing body of evidence ... favors the notion that potassium supplementation should be considered as part of recommendations for prevention and treatment of hypertension," wrote Paul Whelton, formerly with the Johns Hopkins University School of Hygiene and Public Health.

Whelton, now at Tulane University School of Public Health, pooled the results from 33 randomized, controlled trials with 2,609 participants that focused on the effect of potassium supplements. Potassium appeared to be particularly effective in lowering blood pressure when study participants also had high salt intake, which can elevate blood pressure, he wrote in the *Journal of the American Medical Association*.

He said even a small amount of potassium could prevent the onset of high blood pressure and larger supplements ought to be considered as a treatment for the condition, especially among those unable to cut their salt intake.

Only a few participants in two of the trials suffered adverse effects from taking potassium in pill form, primarily abdominal pain, belching and flatulence. In another study, some patients had problems that included bright-red blood in stools, nausea or vomiting and diarrhoea. *(Reuter)*

Study: Eye Color Can Change Until Adulthood

WASHINGTON — Eye color, usually fixed by age six, can change until adulthood according to the latest issue of the archives of ophtalmology of the American Medical Association.

For some 10-15 percent of the 1,500 twins who were the study's subjects, eye color changed during adolescence and after, the authors of the Louisville twin study reported.

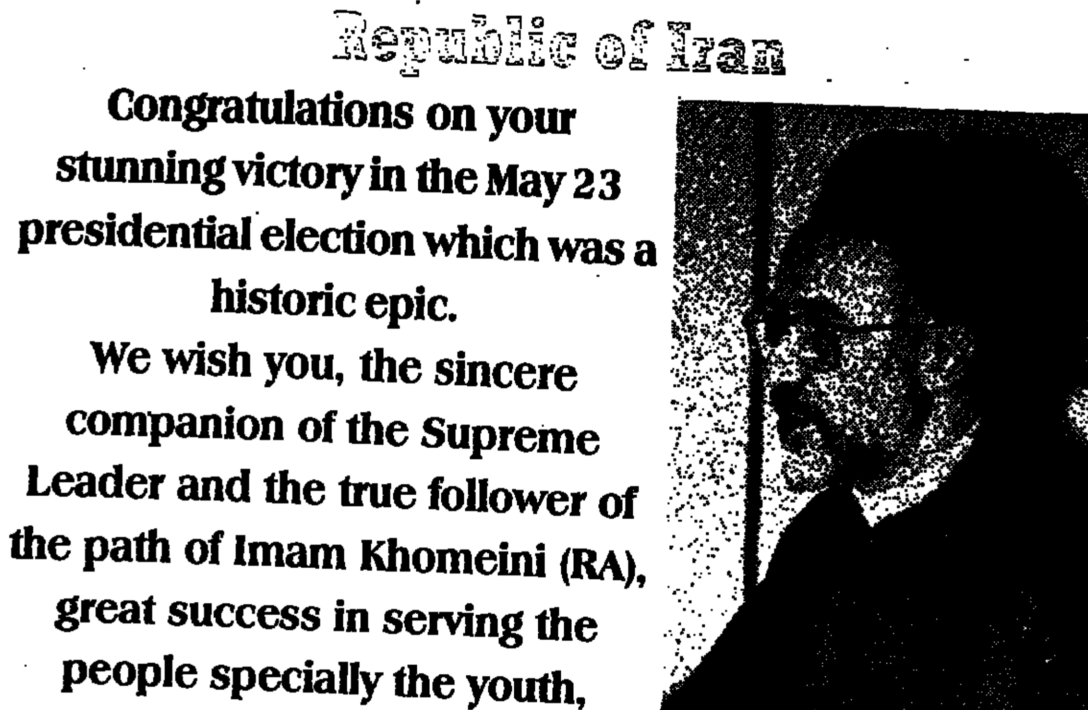
Scientists assigned numerical values to each eye color, from one — for light blue — to 15 — for dark brown — and in twins whose eye color changed, it varied two points.

Eye color also changed among nine percent of the twins' mothers, suggesting that the change could have a genetic origin.

The Louisville twin study ran from 1989 to 1993.

(AFP)

Your Excellency Seyed Mohammad Khatami, the Esteemed President-Elect of the Islamic Republic of Iran



Congratulations on your stunning victory in the May 23 presidential election which was a historic epic.
We wish you, the sincere companion of the Supreme Leader and the true follower of the path of Imam Khomeini (RA), great success in serving the people specially the youth, achieving the prominent goals of the Islamic Republic of Iran and defending the legitimate rights of Muslims worldwide in general and those of the Iranians in particular.

AHWAZ-MANAGEMENT AND PERSONNEL OF KHUZESTAN SHADAB COMPANY

اهواز- مدیریت و پرسنل شرکت شاداب خوزستان

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OVER 300 TELECOMMUNICATIONS PROJECTS TO GO ON STREAM IN HAMEDAN PROVINCE THIS YEAR



Engineer Zohrevand TCH managing director

Expansion of telecommunications networks plays a vital role in social, cultural, and economic development of the country's regions. Telecommunications Company of Hamedan (TCH), in line and to keep pace with other executive organizations and enjoying facilities and technical know-how as well as expert and committed personnel accepts its role in the development of telecommunications networks of the region. Therefore, with day and night efforts, TCH has succeeded to introduce itself as one of the most active and dedicated organizations with bright achievements.

Engineer Mohammad Reza Zohrevand, TCH managing director, elaborated the achievements of his company in an interview with the reporters.

He said: This year, over 300 telecommunications projects will be implemented in different regions of Hamedan Province submitting some 30,000 new lines to the people of the province.

Implementation of these projects will double TCH subscribers up to 135,000.

Estimating the telecommunications credits of the province at almost 30 billion rials, the managing director said: In addition to provincial credits, the main part of telecommunications equipment is procured by Telecommunication Company of Iran (TCI).

Engineer Zohrevand went on to say: Telecommunication Company of Hamedan Province has not only materialized 119 telecommunications projects and inaugurated them by the distinguished President Hashemi Rafsanjani within a short time, but also TCH carried out the following plans:

Installation and putting into operation of Hamedan 298-diary mobile system; installation of 396 ports for data network system of the cities of Hamedan, Malayer, and Asadabad; installation and putting into operation of 7930 urban low- and high-capacity switches; creating 11180 telephone lines in the province; 103554 meters of underground cabling; 9671 meters of channel cabling; 46558 meters of air cabling; 13290 meters of fiber-optic cabling, 225437 meters of couple joint-binding; 7283 meters of channel-making; and installation of 59 basins.

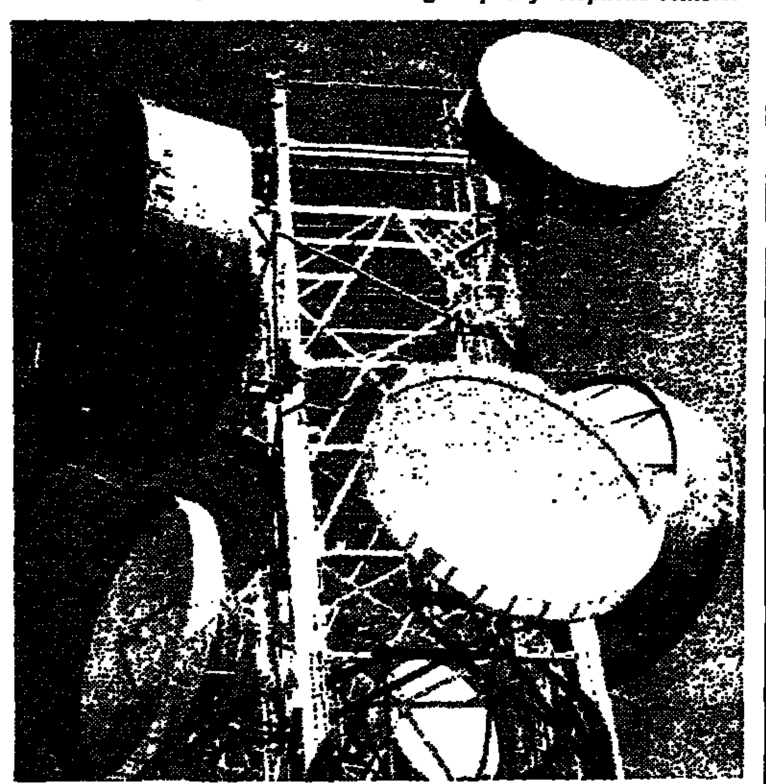
Referring to 110 telecommunication offices, now in use in province, Engineer Zohrevand gave a comprehensive report on the achievements of the TCH:

"Installation of digital high-capacity 140 MB/S radios in the stations of Owlya, New Ghods, Asadabad, transforming and testing 2+1 radios to 6+1, installation and bringing into operation of low-capacity intercity centers in the innovative plan of LTX in the province (Vandarabad 256 - Ajin 256 - Artiman 90 - and Koohani 90 lines), installation and putting into operation and testing 1920-channel high-capacity digital 140 MB/S radios in the stations of Garmak, New Ghods, Owlya, Asadabad, installation of 140 MB post between Baraband and Hajiabad, installation of series 500 radio between Baraband and Koohpanah, installation, putting into operation and testing 140 MB Fujito Max radio between Hajiabad and Malayer, installation of NERA system supplements and transforming 1+2 radios to 1+3 between Owlya-Baraband and Owlya (S.C2) Hamedan; installation of 300-channel Max equipment Malayer collecting analog in Bahar, Hamedan, station, installation of 8 MB equipment, installation of intercity P.C.M. for Asadabad and Shahid Ghandi stations, installation of terminal lines and intercity P.C.M.s, installation of P.C.M. for Kabodar Ahang and Nouzheh, installation of 14 feeders and derricks, execution of four foundations, four low-capacity distant call systems, seven 3-channel carriers, three 12-channel carriers, one 8-channel carriers, one 6-channel VHF, 42 plans on creation of rural lines equaling 28105 km physical line, establishing international links among 11 points (Asadabad 5000 - Bahar 2000 - Ghorveh Darjezin 1000 - Samen 1000 - Famenine 1000 - Vian 512 - Kian 512 - Firoozan 512 - Kurijan 256 - and Ganjineh 256). All these projects have been implemented during the last year by the TCH.

Engineer Zohrevand, also outlined other projects implemented so far by the telecommunications company in Hamedan Province:

creating telecommunication codes for eight centers, increasing eight 205-line intercity channels, increasing 428 transmission channels, adding some 15 new international channels, submitting 1412 telephone lines according to the Article 97, creating 289 urban and intercity public telephone booths, installation and redevelopment of 106-line cable, renovation and redevelopment of 2186 aerial post consisting 14286 lines, installation and putting into operation of the Hamedan center 118 to transfer high-capacity center 118 of the province.

Engineer Zohrevand revealed the total number of the installed telephone lines in the province stood at 115,076, on-line telephone lines at 105,167, and the number of telephone lines since the start of the current year stood at 11,180. He said there are also 546 rural telecommunications center and some 69 low- and high-capacity telephone centers.



World's Most Ancient Creature Thriving in Wilderness Islands

AUCKLAND — The world's last surviving Jurassic creature is making a comeback.

New Zealand's rare tuatara — otherwise known as a "living fossil" or "miniature dinosaur" — is the only surviving member of an ancient line of creatures stretching back 225 million years to the Mesozoic Era (of which the Jurassic period is a part).

While few people have ever seen a kiwi — New Zealand's native flightless bird and national symbol — in the wilderness, even fewer have laid eyes on a spike-backed, lizard-like tuatara which inhabits 25 remote, inaccessible islands around the New Zealand coast.

But a New Zealand Conservation Department project involving the transfer of 32 tuatara from one ecologically threatened island to a larger nearby island off the east coast of the North Island last October, may soon lead to the observation of these ancient creatures in their natural habitat.

Conservation officer Keith Owen said that in the seven months since the reptiles were transferred, all appeared to be thriving and there could be hundreds, if not thousands, on Moutohora Island in the Bay of Plenty within two decades.

Once the colony of 32 has established itself and expanded, "the public will be able to go and see them without problem," he said.

The transfer is part of a national tuatara recovery plan to allow research into the creatures, and offer the northern sub-species (one of three) a better chance of long-term survival, Owen said.

Currently, the only way to see a shy, nocturnal tuatara is at the Auckland Zoo, where two are on display and six more are part of a breeding program. Several zoos around the world have tuatara.

Until about 1,000 years ago, tuatara were scattered in great numbers throughout New Zealand's two largest islands as well as on many offshore islands.

But numbers declined rapidly due to fires, land clearing and the arrival of humans, rats, cats, pigs and dogs.

Though the grey, olive or occasionally brick-red reptile resembles a lizard, strictly speaking it is not one. It belongs to the sphenodontida (meaning "wedge tooth") order which has no other living representatives.

The slow-moving, unblinking tuatara lives for up to 60 years, weighs up to 1.3 kilograms (two and a half pounds) and grows to 60 centimeters (two feet), sheltering in underground burrows that have been tunnelled by nesting seabirds.

Females lay up to a dozen eggs every four years, and tuataras have been successfully bred in captivity and returned to the wild through a program at Wellington's Victoria University.

Conservationists estimate there are still around 10,000 tuatara distributed over 25 nature reserve islands off the New Zealand coastline. Some populations are threatened by rats which eat their eggs, but most live on rat-free islands.

New Zealand's far-flung Moutohora Island may only attract diehard dinosaur buffs and scientists keen to catch a glimpse of this creature which has survived millenniums of geological upheaval. But for conservationists, the tuatara's proliferation and well-being is something of a modern miracle.

"We really don't have the answer to why they survived," Owen said. (AFP)

Toxic Algae Threaten Rare Seals

NOUAKCHOTT — More than 60 monk seals, one of the world's most endangered species, have been killed by toxic algae off Mauritania's Atlantic coast in the past 10 days, Spanish researchers said on Monday.

The scientists, working with the National Oceanographic and Fisheries Research Center, said the seals had been poisoned by eating fish that had swallowed the algae. Their bodies had washed up near the Port of Nouadhibou.

The seals were part of a colony previously estimated at 150, living off the Mauritanian coast. Ecologists say the species numbers no more than 350 worldwide.

So called because folds of skin around their necks recall monastic dress, they are among the last members of the seal family living in temperate waters in the Northern Hemisphere.

Two baby monk seals were rescued and are recovering in the center's aquarium in Nouadhibou.

The algae grow quickly in the warmer waters of the gulf stream, and one ecologist said they were considering moving the seals from Cap Blanc into the Banc d'Arguin Bay to the south where the algae would be less prevalent.

A baby monk seal who had apparently lost her parents in a storm was treated at the center and released back into the sea in January 1996. (Reuter)

Turbulence May Have Caused Indian Mid-Air Disaster

NEW DELHI — A mid-air collision between two airliners, which killed 349 people near the Indian capital, may have been caused by air turbulence, reports quoting a U.S. pilot who witnessed the disaster said Sunday.

Timothy Palace, commander of a U.S. C-141 transport plane, told the court probing the disaster that the collision happened in cumulus clouds capable of causing severe turbulence.

"There were heavy clouds 20 to 30 miles (32 to 48 kilometers) in length in a line approximately parallel to the path of the collision," Palace was quoted as saying by the United News of India.

The crew of the U.S. Air Force plane reported seeing a cloud glow bright orange and then two fireballs plunge to the ground on November 12 when a Saudi Boeing-747 and a Kazakh Ilyushin-76 collided near here.

The U.S. C-141 was descending with supplies for the U.S. Embassy at dusk when the disaster occurred.

The U.S. Air Force pilot also said the Air Traffic Controllers (ATC) at New Delhi Airport were "fairly busy" and had asked for updated positions of the plane frequently.

"The communications were fairly difficult," Palace said.

"It took us approximately three exchanges between ourselves and the controller to be certain that we understood each other."

The Air Traffic Controllers guild had told the court on May 15 that the collision was caused by the Kazakh pilots' "non-understanding of English."

Brijender Shekhar Shukla, general secretary of the guild, said the Kazakh crew was "not familiar with the English language."

The Saudi airline also blamed the Kazakh aircraft for descending below its assigned altitude of 15,000 feet (4,545 meters) and colliding with the Boeing which was told to level at 14,000 feet (4,242 meters).

Kazakh Airlines had claimed 26 seconds before the collision the Kazakh aircraft had dropped to 14,190 feet (4,300 meters) because of air pockets.

But the ATC rejected the turbulence theory saying it was "invented by the Kazakh airline and its government as an escape route since no rational or logical explanation is possible as to why the aircraft descended." (AFP)

Gambian Held for Bribery Says He Was Just Big Tipper

MIAMI, Florida — A Gambian self-made millionaire who is a virtual prisoner in his luxury condominium here is trying to argue he was just a big tipper.

But the U.S. government sees it differently. So Foutanga Dit Babani Sissoko, known as "Baba" to his friends, is waiting for his legal morass to be sorted out to see if he must stand trial for seeking to give a $30,000 bribe to a U.S. customs agent.

Sissoko, 51, a Mali native and Gambian citizen who says he made his fortune in gold, oil, diamonds, hotels and casinos, was arrested last August on bribery charges.

The onetime house servant was accused of offering a customs agent $30,000 to release two Vietnam-era helicopters for shipment to Gambia without the required export licenses.

But his lawyers contend that, for one thing, Sissoko should receive immunity because he is a special adviser to Gambia's president. Moreover, they say, he is just a generous guy.

He paid the way for 400 African athletes to attend the summer Olympics, and has built hospitals and schools all over West Africa, his backers said.

And he gave each of his three lawyers new Mercedes-Benz cars at $60,000 each after they got him freed on a $20-million bond.

"Baba" also wrote a $300,000 check to a local high school band struggling to raise money for a parade.

"This case is much bigger than Mr. Sissoko," said Alfonso Perez, a Miami lawyer seeking Sissoko's release on behalf of the Gambian government. "It threatens to affect relationships with a host of West African nations. West African ambassadors are enraged about what has happened."

Sissoko is appealing his sentence — four months in prison followed by four months of house arrest — and has a hearing scheduled for June 5. (AFP)

Internet Opens Up Secret World of Medicine

LONDON — When Robin Jutzi was growing up, cystic fibrosis was no big deal. Two of his brothers had it and taking pills was a family ritual, not a trauma.

But when his brothers died, he felt he had nowhere to turn - - until he found the Internet. Now he "speaks" regularly with other adults living with the chronic disease.

The Internet — specifically the "World Wide Web" of electronic mail, bulletin boards and live forums that connects personal and institutional computers — has transformed the way people all over the world deal with health issues.

"CF (cystic fibrosis) wasn't anything special, growing up. All the pills and therapies were just normal," Jutzi, 37, said in an interview conducted over the Internet.

"It was weird that other people didn't have to do all that stuff. I still look across at my wife at suppertime and think it's really strange that she doesn't take enzymes with her meal."

But his feeling of being normal disappeared after first one and then the other brother succumbed to the incurable illness, which causes lung and intestinal damage.

"I have felt unbearably lost and alone, really having to confront the loss of the only two people in the world who really have a clue about what I live through," he said.

"Then late last fall, I got my modem fixed."

The modem gave Jutzi, an English professor in North Bay, Ontario, a telephone connection to the Internet and sites that offer medical information, advertisements about products, and bulletin boards for the latest news and gossip.

"A whole new world opened up to me...a community that spoke the same language, that generally had the same warped sense of humor. I felt at home. I got to know, intimately, people I had never met, from different cultures around the world."

John Tatton, whose six-year old son has cystic fibrosis, is more interested in getting medical information about the condition.

"The 'traditional' or main electronic and print media normally don't report the day-to-day activities in research fields," he complained.

"Unless a significant breakthrough is made they tend to ignore or relegate them to the back pages. To people afflicted with genetic diseases, cystic fibrosis etc., the small advancements in genetic research and testing may provide hope, and that is all they have."

There are literally hundreds of sites people like Tatton can look at. Some contain information from medical journals; others summarize conference proceedings.

"A whole new world opened up to me...a community that spoke the same language, that generally had the same warped sense of humor. I felt at home. I got to know, intimately, people I had never met, from different cultures around the world."

Doctors No Longer Hold All the Cards

Many of the Internet browsers find their new-found knowledge gives them a better background for dealing with the once-mysterious medical profession.

"It gives me back-up information to ask questions of the doctors," said Agnes Moore, a Canadian whose 10-year-old son has cystic fibrosis.

For her, the word of a doctor is no longer the ultimate authority. "If tests are ordered or questioned, I can get comparative information from members of the group. So far virtually all of the information appears to be authentic and accurate," she said.

"I not only get the practical support of finding out information — asking what needs to be asked and getting answers within 24 hours — but there seems to be a good deal of emotional support in the sense that others are experiencing similar challenges."

Mike Sangregorio searches for information about his heart disease. "My wife was just told she may have osteoporosis and the Internet will be the first place I will go for more information," he said. "I have no doubt I will find what I am looking for there."

"It is like having access to thousands of libraries with millions of books all at the touch of a few keys," enthused Fernando Morales de la Cruz, a Guatemalan journalist.

People with HIV or AIDS were one of the first groups to get organized on the Net.

"We believe the HIV/AIDS population has led the way in changing the physician-patient relationship, through maximum preparation for the clinical encounter and the evolution of the role of patient as advocate," said Jamie Marks, president of the New York-based body Health Resources Corporation, which runs a very popular HIV site.

"Do we find people become more informed/empowered when they talk to their doctors after visiting our site? Definitely."

Doctors have recognized this too, and many give patients with HIV an active role in determining what their treatment should be.

"My best advice to patients is to read as much as possible, from all sources (and) use the information to initiate discussion with medical staff," he said.

Attitudes Have Been Transformed

Marks, who says his site is used by 50,000 people a month, sees a huge transformation in attitudes about who is in control of health care.

"What started as a reaction to the perceived prejudice and slow response of the medical establishment regarding AIDS has now become a trend in health care generally — pushing to receive the best possible care," he said.

Health professionals use it, too, but sometimes worry about the quality of information. Some of the forums, they complain, amount to little more than gossip sessions.

"I am a strong advocate of the use of e-mail discussion forums," said Bryan Iverson, a pharmacist in Stettler, Alberta in Canada.

Iverson noted that no one screens what goes on the Internet, and desperate people grasping at any bit of information could become misinformed.

"My best advice to patients is to read as much as possible, from all sources (and) use the information to initiate discussion with medical staff," he said.

Professionals Benefit, Too

The Net can also provide life-saving information to professionals.

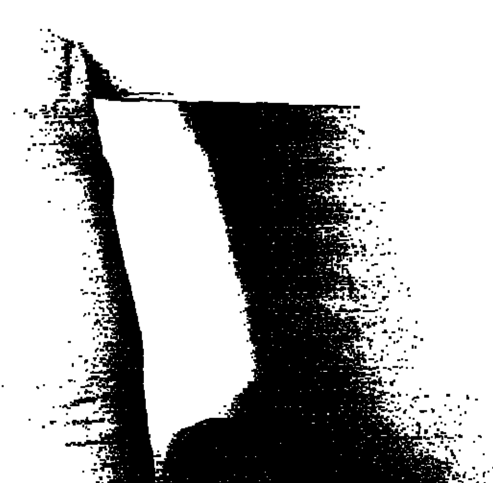
Dr. Praveen Aggarwal of the All India Institute of Medical Science in New Delhi, posted a plea for help on the Federation of American Scientists' Program for Monitoring Emerging Diseases (PROMED).

"We are facing a near-epidemic of dengue haemorrhagic fever in Delhi, India," he wrote.

"Despite managing these patients on the lines stated in textbooks, many of our patients are dying. I wonder whether we are erring somewhere in diagnosis and management of these patients."

Did anyone answer his plea?

"Yes, Dr. Aggarwal received the help he needed within hours," said Jack Woodall, director of PROMED-MAIL at the New York State Department of Health.





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You Deserve to Be Happy

Tehran Times Service

Some Tips for Happiness:

Do you know how to enjoy your time and have fun? You can always feel better while thinking about a problem, doing your job at home or at the office.

Occasionally, simple tiny incidents such as flying a kite, watching a comedy, visiting a friend or exercising may cause pleasure and joy. Remember appreciating the present means taking full advantage of what you have.

Forget the past. Yesterday is gone. Don't think about it. But do try to keep the good memories and experiences alive. You should pleasantly accept the outcome and the experience of yesterday. Do not live in the past. Enjoy the present. Now is the time to move forward and have a good time. Do not procrastinate. Today you must move forward. Right now is the time to begin. Do not delay.

Unfortunately, many of us sit down and wait for an appropriate time to show our willingness to experience joy, or express our joy. We tell ourselves: *Tomorrow I will visit my friend. Tomorrow I tell my wife that I love her. Tomorrow I take the steps to so and so.*

Sometimes we think, "When I leave the house, when I get married, when I get paid, when I collect the money that my friend owes me, when I finish my education, when I get a good job, when I get a chance... I will have a good time and will enjoy myself.

People who enjoy the present are those who say, " Maybe tomorrow will never come. Today is the first day of the rest of my life."

Certainly it is a good idea to have hope and a goal. But if you make a habit of waiting for ever. If you always expect the happiness to come to you, then you actually have deprived yourself of joy and happiness.

One way to begin a new life full of enjoyment is to get up in the morning, spend half an hour riding a bicycle or engaging in different exercises. Then stand in front of a mirror and rub your cheeks and force a big smile to appear on your face. Keep smiling and say to yourself, "I deserve to be happy". Shout if you can. Sing.

A study once proved that singing brings joy. Singing and joy go together. You sing because you are happy and you are happy because you are singing.

Is it good to be patient? Is it good to be content and satisfied.

If being patient means waiting forever, then the answer is a big 'No'. And if being satisfied means accepting misery, then the answer is 'No'. Because this kind of satisfaction prevents you from being ambitious, from going out to look for happiness.

If you are not satisfied with how you are spending your time, you can instead go to visit your friend, plan a party, go to the swimming pool, go on an enjoyable journey, take a course in art, go on a tour and finally try to make your dreams come true. There is an old Yiddish proverb, "If you want your dreams to come true, don't sleep."

Don't wait. Live your life today. Perhaps you will never have the chance again.

Why do you procrastinate? Perhaps you will never have the particular opportunity you are waiting for. Just like when you are scheduled to take, say, the 5:30 train, you don't want to miss it, you should imagine that every moment of your life is a train of joy. You don't want to miss your train.

A pessimist usually lacks a joy-seeking attitude and a happiness-hunting spirit. Sometimes when a pessimist is having a good time, he worries that the good times will end and expects a misfortune. Pessimists are under the illusion that happiness is not theirs, that they do not deserve to be happy. They say, "Some people are born to be happy and some born to be sad". No, my brother. God did not choose you to be happy or unhappy. It is within you. It is absolutely up to you to be happy or sad.

Some of these people worry too much. Their anxiety is endless. They worry about the smallest things in life. Not only will they make life intolerable for their loved ones, but they are the ones who suffer most. They are too worried when they feel the burden of responsibility. Shouldering responsibility is tantamount to anxiety for them. Responsibility is the source of unhappiness for them. They often cannot sleep well particularly when they are shouldering a responsibility. They fail to realize that 90 percent of their worries are worthless. They waste their time worrying over trivial matters. Naturally, this will create tension and, in extreme cases, mental disorder.

Anxiety is not a remedy. It is advisable that these people consult a psychologist and engage in prayers. Prayer is very helpful in occasions of anxiety.

When you have the opportunity to enjoy yourself and experience joy, you should take advantage of it. We often take what we have for granted.

Make a habit of enjoying yourself. Make a habit of exercising every day. Make a habit of wearing a big smile on your face at all times. Make a habit of taking advantage of what you possess. And remember: Man is a slave of his habits. So if you are allowed to choose your own masters, why not choose the good ones.

The thrill of fulfillment is one of the best feelings you can ever earn.

What is luck?

Luck means opportunity, and taking advantage of that opportunity.

George Bernard Shaw once said: "People who get on in this world are those who get up and look for the circumstances they want and if they cannot find them they make them."



Some people become excessively self-critical, out of touch with their feelings, and look outside rather than inside themselves for approval.

How to Develop Self-Esteem

How you feel about yourself affects every aspect of your life including at work, in relationships, and as parents. It is the key to success or failure and instrumental to understanding yourself and others. Self-esteem has two components: a feeling of personal competence and a feeling of personal worth.

It reflects a belief in your ability to cope with the challenges of life and in your right to be happy. It is the ability to value yourself and treat yourself with dignity, love and respect.

The higher your self-esteem, the more resilient, creative and ambitious — and as a result, successful — you are likely to be.

Self-esteem is not a static condition and is always a matter of degree — no one is entirely lacking in positive self-esteem.

One way to measure self-esteem is to evaluate your ability to authentically be your true self. To find your strength and the areas you might wish to work on. To help you achieve that goal we have provided you with a test. Take the quiz below. Rate your responses to each statement below from 5 (Strongly Agree) to 1 (Strongly Disagree).

☑ Am I generally honest with myself.. about what I am feeling: accepting and experiencing my emotions, without feeling compelled to act on them? ....

☑ Am I generally honest with others.. about my feelings in contexts where talking about feelings is appropriate? ....

☑ Do I consciously strive to be truthful and accurate in my communications?.......

☑ Do I talk comfortably and openly about that which I love, admire and enjoy? ....

☑ If I am hurt, angry or upset, do I express this with honesty and dignity?..... .

☑ Do I stick up for myself and honor my needs and interests?...... ....

☑ Can I say no without feeling guilty or making excessive excuses?.......... ..

☑ If I know I am wrong do I acknowledge this simply and candidly?............

☑ Do I feel that the self I experience internally is the self I present to the world?

....

Your score will be in the range of 9 to 45. The higher you score, the more authentic or comfortable being "yourself..." you are. If your score is 45 you do not even need to bother to read this article. Look at the questions with the lowest scores for areas you may wish to work on.

In the process of growing up, confidence and self-respect can be nurtured or undermined depending on whether children are loved and valued as they are and encouraged to trust themselves and their feelings.

Strict attentive parents who set unrealistic ever higher goals for children can cause just as much damage as parents who are indifferent and don't demand enough.

Many of us were raised to conform, follow the rules, ignore our true feelings, and to substitute "How can I please others?" for "Who am I?"

The average child has been reprimanded an estimated 150,000 times by age 12. As a result, it is not surprising that people become excessively self-critical, out of touch with their feelings, and look outside rather than inside themselves for approval. This can lead to a desperate need for recognition and status from others and an internal pressure to be "perfect". People who do attain success without developing positive self-esteem go through life feeling like impostors fearing exposure.

During childhood confidence and self-respect can be nurtured or undermined depending on whether children are loved and valued as they are and encouraged to trust themselves and their feelings.

Often people look for self-confidence and self-respect everywhere except within themselves. They say, "If only I could get the promotion, the new car, a partner, a lot of money or the admiration of others, then I would really feel good about myself. This quest is doomed to failure because it is only in the way we respond to ourselves... — giving ourselves the love and approval we are looking for — that creates that feeling of peace and success.

Develop Your Self-Esteem With Honesty, Action and Acknowledgment...

Honesty

Honesty refers to living consciously facing reality (whether pleasant or painful) and confronting rather than avoiding difficulties.

Self-honesty also requires self-acceptance, which is a refusal to deny or disown any aspect of the self, including thoughts, emotions, physical attributes and actions.

Can I say no without feeling guilty or making excessive excuses?

Self-acceptance is the foundations of all growth and change. It means thinking independently, valuing your own opinions and feelings rather than relying on what other people think.

Taking Action

Taking action means taking responsibility for the fulfillment of your own desires and decisions. You set your own goals and then take steps to achieve them. This may mean gathering up every ounce of courage you have and taking the tiniest of baby steps, but that is the key to living actively rather than passively.

Completion — even of the smallest beginning step — is an important part of taking action, because it is the major motivation to taking the next step.

Acknowledging

Acknowledging includes observing and evaluating the results of your actions with honesty and compassion. It means giving yourself approval and reward for your success, even if your success only lies in being brave enough to take the action. Give yourself credit for a job well done and then get ready to set goals for the next step you will take.

If you did not get the results you hoped for, accept that you did the best you could, forgive yourself and then try again in a different way.

By being honest, taking action and acknowledging yourself for your efforts, you are not only behaving with self-respect but are creating deeper self-confidence in yourself and your abilities each time you follow through.

Tips for Enhancing Self-Esteem

- Train people how to treat you by treating yourself well and insisting others do so too.
- Practice positive self-talk to help improve your self-image. Allow your self-image to be like an invisible shield so that undeserved criticism will bounce right off.
- Develop courage — challenge yourself to do one scary (positive) thing each day. Taking risks builds self-esteem because facing your fears helps you to gain confidence.
- Treat yourself as a friend, with the same courtesies, love, and compassion you'd give a trusted friend.
- Ask yourself, "How can I get more of what makes me feel successful and happy in my life?" Do something nice for yourself every day.
- Do something useful for others. Sometimes stepping outside yourself, forgetting your own worries and helping someone else can give your self-esteem a big boost.
- Believe in your own best intentions and trust your own innate goodness. Be gentle with yourself.
- Take good care of your body. Exercise and healthy living helps you to feel good about yourself.
- Cultivate self-honesty — but

(Contd on Pg. 14)

SAYA STEEL INDUSTRIES ENGINEERING & MANUFACTURING CO:

Islamic Republic of Iran Joins Advanced ... Casting Super Heavy Steel Part

Iran joined to the first five advanced countries in manufacturing and casting heavy and super heavy parts.

Successful implementation of the seventh H.S.M stand of MOBARAKEH Steel Complex on May 13, 1997, put Iran among the first five advanced countries in steel casting industry, announced Engineer Fanaie, SAYA managing director, in a press conference.

Speaking to the reporters, the managing director said: This piece, weighing some 120 tons, is one of the two stands needed for the expansion of MOBARAKEH hot strip mill, ordered by Iranian International Engineering Company (IRITEC) to SAYA Co. affiliated to TAKADO holding.

The giant piece was cast in SAYA Co. applying steelmaking shop facilities within a short limited time. Almost 220 tons of required molten steel was produced by two 135-ton steel convertors.

These types of parts used to be imported from abroad with many transportation problems. Local manufacturing not only will save considerable hard currency for the country, but also it will be a giant stride toward attaining self-sufficiency in the industries of the country.

Speaking of design and manufacturing technology of the stand, Mr. Fanaie said: It took eight months to design and manufacture the piece. It is the company's customary to apply special software for simulation of the procedure of the casting. Then, the design is controlled and the parts go on production line based on the technological findings resulting from simulation.

On the objectives behind establishing SAYA Company, the managing director said: The company was founded to meet the requirements of the country's industries to heavy and super heavy steel parts. The company makes optimum use of the facilities and potentials available at Isfahan Steelworks. Before the establishment of SAYA, due to special technological reasons and high tonnages of parts were ordered to and imported from foreign countries.

Design and procedure of technology for casting are controlled and corrected by applying fully computerized system through advanced software.

Engineer Mohammad Hossein Fanaie referred to the industries enjoying the services of SAYA and said: SAYA, from the very beginning of its establishment, has offered valuable services to cement and steel industries including:

In steel industry, manufacturing slag pots for all steel plants of the country (Isfahan Steelworks, MOBARAKEH Steel Complex, and Ahvaz Steel Complex), manufacturing steel ladles and continuous casting equipment for Isfahan Steelworks, manufacturing mate and slag pots for Sarcheshmeh Copper Complex.



135-ton slag pots pour the molten steel in the stand



A sample of manufactured slag pots needed for steel industries and roller of Sepahan Cement Factory

And in cement industry, manufacturing rotary kiln rings for cement factories of Tehran and Isfahan, and rollers for Sepahan and Sharq cement factories, as well as head wall for Sufian Cement Factory.



Stressrelieving & heattreatment with dimensions of 9 x 10 x 4 can accept pieces up to 200 tons.

On the programs under progress, the managing director said "manufacturing of the following is on the agenda of the company for the current year:

1- Rotary kiln rings for Kerman Cement Factory

2- Second stand for MOBARAKEH Steel Complex

3- Of hopper and bell for Maybod blast furnace

4- Slag pot for steel complexes

Speaking of training promotion of technology and innovation in the company, Engineer Fanaie said: Hearty welcome on the part of cement and steel industries of the country, encouraged the company to fully equip its manpower and technological factors, and create suitable installations and organizations. In this line, SAYA launched activities, the most important of them are the following:

1) Procuring and training specialized staff in the fields needed

2) Equipping design and technical dept. with modern computerized systems

3) Applying advanced software for casting

4) Concluding long-term contracts for transferring technical know-how

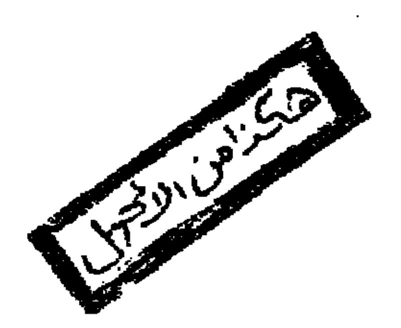
From the point of view of preparation of melting steel at one-stage, SAYA faces no difficulty in producing 350 tons of liquid steel with any analyses on request.

At present, SAYA Company is able to cast and heat-treat heavy and super heavy sections, and relying on its specialized and expert staff, can design and build equipment for production lines of manufacturing industries.

The technical and design dept. of the company, manned with expert staff, is equipped with advanced computerized systems and enjoys the latest softwares on casting steel parts.

It should be noted that, SAYA capacity from the point of view of preparing molten steel reaches the peak of 350 tons and its heat-treatment furnace with dimensions of 9 x 10 x 4 m can accept pieces up to 200 tons.

To conclude his last remarks, Mr. Fanaie referred to the scientific and technical cooperations between SAYA and foreign companies and said: In implementing the project of seventh H.S.M stand, based on the customer recommendation and due to the experience on casting previous MOBARAKEH Steel Complex stands, the Italian SCT Company was invited for cooperation. Finally, he expressed his best regards to the managing director of Isfahan Steelworks, Engineer Sadeghi and his colleagues in different dept.s, as well as to the Iranian International Engineering Company (IRITEC) for creating the fields for casting industry in Iran.



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MAY 29, 1997

& heattreatment with f 9 x 10 x 4 can accept up to 200 tons.

International Spectrum



A Glance at International Events

TEHRAN TIMES

Tehran Times Weekend Issue

THU. MAY 29, 1997; KHORDAD 8, 1376; MOHARRAM 22, 1418

Iran Spectrum



A Glance at National Events

WORLD IN HIGHLIGHT

The World This Week

Tuesday, May 20

Iraq Calls On UN to Halt Turkish Incursion

Iraq urged the United Nations to intervene and halt Turkey's incursion into the north of the country in pursuit of Kurdish separatists, warning the operation was destabilizing the region.

Thousands Camp Amid Rubble of Homes After Bangladesh Cyclone



Hundreds of thousands of people were camping in the open after a cyclone tore through their villages reducing them to a little more than piles of rubble and scattered rubbish.
pic

Wednesday, May 21

Kabila Discusses New Government



Laurent Kabila, self-proclaimed president of the new Democratic Republic of Congo, work on his eagerly awaited first government and a senior advisor dismissed fears of a return to dictatorship.

Arafat, Mubarak Consult on Saving Peace Process

Palestinian leader Yaser Arafat met Egyptian President Hosni Mubarak to explore ways to salvage the peace process with Israel after tow months of crisis.

Thursday, May 22

U.S.: Give Up Your Cards

The U.S. government, announced it was suspending trade with five Chinese nationals, two Chinese companies and a Hong Kong company which it baselessly accused of selling arms materials to Iran.

Friday, May 23

Afghan Shias Repulse Taleban Onslaught

An anti-Taleban Shia faction has held off a massive militia offensive aimed at breaking into their Ventral Afghan Mountain stronghold.

Russian Minister Fails to Sway Duma on NATO Deal

Foreign Minister Yevgeny Primakov tried to defuse opposition in Parliament to Russia's new security deal with NATO but failed to break down resistance.

Saturday, May 24

Kabila Supporters March in Kinshasa



A group of around 150 supporters of self-proclaimed president Laurent Kabila marched down the main street of Knishasa after troops broke up an anti-Kabila student march.

Taleban Enter Mazar-i-Sharif, Dostam Flees Afghanistan

Taleban fighters on jeeps and tanks entered northern Mazar-i-Sharif, the main center of northern warlord General Abdul Rashid Dostam.

Sunday, May 25

Pakistan Recognizes Afghan Taleban Government

Pakistan became the first country to recognize the Afghan Taleban government, said Pakistani Foreign Minister Gohar Ayub Khan.

Saturday, May 24



Khatami's Overwhelming Victory: Clear Mandate

Sweeping more than 20 million votes, former Islamic culture and guidance minister, Hojjatoleslam Seyed Mohammad Khatami, is the seventh president of the Islamic Republic of Iran.

Soldiers Topple Sierra Leone Government

Soldiers in the west African state of Sierra Leone have ousted the civilian government and President Ahmad Tejan Kabbah has fled, military spokesman said in a radio broadcast.

Monday, May 26

French Left Leads in First Round of Elections



Cautiously optimistic, France's leftist opposition began its fight to turn a surprise first-round election lead into a second-round victory and a new government.

IRAN IN HIGHLIGHT

Tuesday, May 20

Countdown to Elections: 2 Days

As the last ditch efforts with the nearing of the deadline for the elections campaign, the candidates step up their campaign either through televised debates or attending popular gatherings.

France Defends Oils, Gas Deals With Iran

France defended the right of its oil companies to sign contracts with Iran despite unilateral U.S. sanctions, saying Tehran was not subject to any international embargo.

Wednesday, May 21

Total to Invest $2 bn in Iran

The French oil group Total said it was considering a tow billion dollar joint venture to develop an Iranian gas field in the Persian Gulf.

Leader Promises Free and Fair Presidential Election



The Leader of the Islamic Revolution, Ayatollah Seyed Ali Khamenei said that voting in the upcoming presidential elections is in fact voting for the independence of the country and for allegiance to the system and leadership.

Thursday, May 22

Final Round of Inter-Tajik Talks Held



The final round of negotiations between the Tajik government and the opposition started.

Iran Attends Caspian Sea Littoral States Meeting

An Iranian delegation, headed by Deputy Foreign Minister for Euro-American Affairs Mahmoud Vaezi, attended the two-day meeting on the legal regime of the Caspian Sea held in Almaty, Kazakhstan.

Friday, May 23

Unprecedented Turnout in Elections

Voting started in Iran at 8:00 a.m. to elect a successor to President Akbar Hashemi Rafsanjani in one of the most keenly fought campaign since the victory of the Islamic Revolution 18 years ago.

People's Turnout in Election, Response to Leader's Call

Provisional Friday prayer leader of Tehran Ayatollah Mohammad Emami Kashani said that people's turnout for presidential elections was in fact a positive response to the call of Islam, martyrs' blood and the call of the leader of Islamic Revolution Ayatollah Seyed Ali Khamenei.

Saturday, May 24

Leader Urges Supporters of All Candidates to Cooperate With Khatami

The Leader of the Islamic Revolution, Ayatollah Seyed Ali Khamenei, described the nation's unprecedented participation in the 7th presidential elections as a historic epic.

Sunday, May 25

More Than 200 Majlis Deputies Pledge to Cooperate With Khatami

More than 200 Majlis deputies, in a message of congratulations to president-elect Hojjatoleslam Mohammad Khatami, pledged to fully cooperate with him.

President: Telecommunication and Postal Services Significant

The achievement of telecommunication and postal services in Iran is considerable, President Akbar Hashemi Rafsanjani said talking at the inauguration ceremony of Shahid Darzi Exchange and Post Bank Saving Account in Southern Tehran.

Monday, May 26

Khatami: Imam's Thought, Beacon of Guidance



President-elect Hojjatoleslam Mohammad Khatami said that the Father of the Islamic Revolution, the Late Imam Khomeini was the manifestation of the Iranian nation's love for religion.

... You Say

At the opening session of Bangladesh's new Parliament last July, legislators reacted with fury to a gesture by Shipping Minister A.S.M. Abdur Rob. "This is a dishonor not only to Parliament but to the nation," said Dr. A.Q.M. Badruddoza Chowdhury, the Bangladesh Nationalist Party's deputy leader.

What had Rob done to provoke such wrath? He allegedly gave the old thumbs-up sign.

In the United States the gesture means "good going!" But in Bangladesh it's a taunt, and in other Islamic countries it's the equivalent of an upraised middle finger.

That's just one of a huge array of cross-cultural gaffes an American innocent abroad could make.

The A-Okay. Joining the thumb and index finger in a circle is an insult in many Latin American countries. When Richard Nixon was vice president, he is reported to have greeted a crowd south of the border with a double "A-Okay." Imagine the reaction!

Once, the concierge in a French hotel asked me, "Is your room satisfactory?" I gave the okay sign. With an irritated shrug he said, "If you don't like it, we'll find you another room." A Frenchman reads the gesture as meaning "zero" or "worthless."



"V" for Victory. In the United States it means "victory" or "peace". But in England if the palm faces inward it's a taunt, especially if executed with an upward jerk of the fingers.

As the story goes, over 650 years ago, the French disabled the English archers they captured in battle by cutting off their middle and forefingers. After the battles of Agincourt and Crecy, where the French were heavily defeated, the triumphant English gloated over their French prisoners by holding up their hands, first two fingers upright, palm inward, to show both fingers fully intact.

Hook 'Em Horns. The pinkie index finger raised up and the middle two fingers folded down in beloved of fans of the University of Texas Longhorns, but in parts of Africa this is a curse. And for millions of Italians it is the cornuto, signaling, "Your spouse is being unfaithful." Raising the pinkie and thumb means "hang loose" in Hawaii.

Finger Beckoning. Here we sometimes hail a waiter with index finger slightly raised and thumb loosely extended. In Japan it's rude to beckon a waiter if you then motion with the index finger. In Germany the waiter might well respond by bringing you two more drinks.

In Malaysia, curling the index finger is considered very rude. Scratching the air would be preferable for calling over a waiter.

Tapping Forehead With Forefinger. It means "smart" here, while in Holland, tapping the center of the forehead means "he's crazy". But in Argentina our sign for "he's crazy" (circling a forefinger next to the ear) could be confused with their signal for "you have a telephone call."

Stop Sign. Extending one hand, palm forward, means "stop!" in the United States. In Greece it's the moutza, or hand push, which is a common sign of confrontation. And in West Africa the gesture is even more insulting than the upraised middle finger.

Hands in Pockets. Think you can save yourself a load of trouble by shoving your hands in your pockets? Think again: keeping one's hands in one's pockets while conversing is impolite in Indonesia, France and Japan. *Courtesy the "Gestures"*

Is It True That People From Different Countries Have Different Handshakes?



Yes, if you believe human behavior researchers. They say what varies is the number of 'shakes'. In Germany you'll get a single brisk up and down motion before hands are released, in the UK it averages out at three, and America you can confidently expect to get up to five.

Entertaining in Style

You will need...

1 oz. gelatine
$\frac{1}{4}$ pint water
3 tablespoons coffee essence
3 eggs, separated
2 oz. castor sugar
$\frac{1}{4}$ pint double dairy cream, lightly whipped
For the decoration:
8 oz. plain chocolate finger biscuits
$\frac{1}{4}$ pint double dairy cream, lightly whipped
hazelnuts or walnut halves

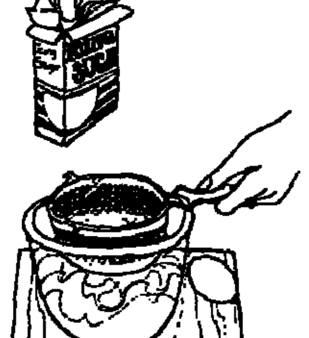
Preparation time...
25 minutes

Put gelatine with water and coffee essence in a bowl and leave to soften for 5 minutes. Place over a pan of hot water until gelatine had dissolved.

Beat egg yolks and sugar in a basin over a pan of simmering water until thick and creamy. Remove and beat until cold and gradually beat in coffee and gelatine mixture. When thick, but not set, fold in the whipped cream. Beat egg whites until stiff and peaky and fold in.

Pour into a 6-inch cake tin or mold and leave to set. Dip tin or mold into hot water for a couple of seconds and invert on to a serving dish. Trim chocolate fingers to the height of the souffle and set them all the way round. Decorate top with piped whirls of cream and nuts.

Serves 6-8.



QUICK TIP

Whipped double dairy cream will go further if 1 tablespoon sifted icing sugar and 1 stiffly whisked egg white are folded into it.

If recovering from jet lag, working a night shift or being awakened by your baby several nights is almost impossible for you, there's good reason why you're dragging. Recent research shows that your body has more than 100 biological "rhythms" that cycle every 24 hours called *circadian rhythms*. When the regular schedule of these rhythms is disrupted, your body's "internal clock" is affected too.

Circadian rhythms modify body functions such as your heart rate, hormone levels, temperature, pain threshold and blood pressure. Your brain regulates the nerve calls that set these rhythms according to outside influences such as daylight and darkness. Examples of other outside influences are mealtimes, sleep and even contact with other people.

The best way to stay in sync is to keep your daily schedule consistent — including when you get up, go to bed, eat and exercise. When you can't keep your normal routine, make every effort to return to it or establish a new one as soon as possible.

For example, you may avoid jet lag when traveling if you'll eat, sleep and preform other activities according to the new time zone — even if you have to stay awake an extra long time the very first day. Or if your baby keeps you up at night, don't sleep during the day to make up for it even if you have the opportunity. Your internal clock may get days and nights mixed up if you're not tired when your normal bedtime comes around.

When it's impossible to establish a reasonable schedule, accept the fact that you maybe tired, irritable and less productive.

Answer to Last Week's PUZZLE

DON'T FENCE ME IN

O	A	I	D	O	O	W	D	E	R	K	N	E	S	T
Y	S	T	S	O	R	A	O	B	E	I	Z	R	E	S
D	W	A	I	E	U	S	E	R	I	W	T	L	C	E
R	F	E	N	C	E	I	S	T	N	[illegible]	U	E	T	P
U	L	O	K	R	J	A	I	E	F	U	R	C	I	Y
T	T	B	I	L	F	S	M	R	O	F	D	T	O	T
S	U	R	Y	E	Y	S	I	P	R	I	Y	R	N	H
T	O	I	U	V	D	E	U	O	C	W	K	I	S	G
O	A	C	W	E	U	T	I	S	E	S	E	F	P	I
C	W	K	U	L	U	A	W	T	T	I	V	I	I	T
K	S	J	R	P	I	G	R	S	O	T	E	E	L	H
A	E	U	I	E	Q	A	O	I	S	U	N	D	C	C
D	L	R	K	J	D	C	H	A	I	N	U	I	E	T
E	O	U	S	E	N	O	T	S	G	A	L	F	A	I
N	H	I	C	Y	C	L	O	N	E	S	N	A	L	P



DOING YOUR HOMEWORK

L	O	E	I	S	T	N	E	M	N	G	I	S	S	A
I	E	A	F	A	C	T	S	W	R	I	E	U	T	N
S	O	N	E	A	T	N	E	S	S	W	R	G	A	S
T	O	E	I	U	S	D	W	R	I	U	N	D	R	W
S	K	O	O	B	N	T	O	T	T	O	M	W	T	E
N	M	R	O	I	E	C	U	W	L	D	L	N	O	R
O	D	W	F	K	P	E	T	W	R	I	E	I	A	S
I	L	S	W	R	L	J	L	W	D	T	O	N	O	I
T	O	W	M	S	E	O	I	E	I	U	S	R	A	T
C	F	E	A	A	H	R	N	M	W	M	I	U	S	L
E	O	I	E	K	T	P	E	R	F	E	C	T	W	L
R	D	V	C	S	I	H	W	R	I	S	O	A	I	L
R	A	E	E	U	D	Y	D	U	T	S	W	R	A	E
O	H	R	I	E	G	A	P	W	R	Y	S	T	I	P
C	W	R	S	E	L	P	M	A	S	E	V	L	O	S

ANSWERS
ASSIGNMENTS
BOOKS
CHECK
CORRECTIONS
FACTS
FAST
FIND
FOLD
HELP
LISTS
LONG
MATH
MESSY
MOTTO
NEATNESS
OUTLINE
PAGE
PERFECT
PROJECT
REST
REVIEWS
SAMPLES
SOLVE
SPELL
START
STUDY
TIME
TOIL
TURN IN

هكذا من الأصل

Feature

Facets of Countries

Spotlight: Zaire (Democratic Republic of Congo)

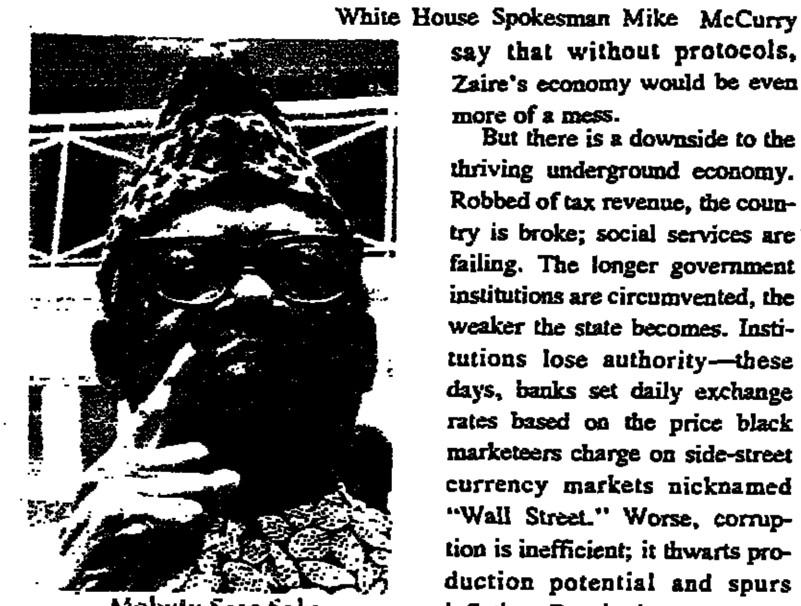
Mobutu Sese Seko's Legacy: Le Protocol

"Mobutism is about to become a creature of history"

White House Spokesman Mike McCurry

Getting through Kinshasha's ND-jili Airport is an African rite of passage. To get from the plane to the terminal, arriving passengers have to fend off a phalanx of hungry-eyed Zaireans grabbing for travelers' passports and hand luggage. Inside the barren, dimly lit terminal, soldiers, border police, immigration officials and baggage handlers all demand *madabisi* (tip) before they let travelers pass. Running the gantlet can cost more than $500 in bribes—unless you hire Theo Scebe. He greets his customer on the tarmac, insists on carrying his bag and, shoving aside the predators who offer to "help" passengers clear themselves through customs, he ushers his customer out of the terminal—usually in less than 15 minutes—for only $40.

It's a fitting introduction to Zaire. Throughout the country, as state structures have collapsed, a vast web of bribery and patronage has replaced the rule of law. Perhaps 70 percent of the country's economic activity now occurs under the table. Civil servants, unpaid for months, work as independent agents, taking bribes in exchange for doing their jobs. At the center of the underground economy are the men who can get things done, *le protocol*.



Mobutu Sese Seko

The term is a leftover from the Belgian colonial era. It referred to the glorified secretaries who kept the appointment diaries of diplomats and presidents. Now it describes everyone from the scam artists who lay in wait at the airport to the well-educated, high-priced consultants who arrange government permits for foreign companies. As state-run companies go bankrupt, former managers survive by selling access to their contacts. Multinational corporations are happy to pay protocols—who give a cut of their fee to officials—rather than pay Zaire's hefty duties. Defenders say that without protocols, Zaire's economy would be even more of a mess.

But there is a downside to the thriving underground economy. Robbed of tax revenue, the country is broke; social services are failing. The longer government institutions are circumvented, the weaker the state becomes. Institutions lose authority—these days, banks set daily exchange rates based on the price black marketeers charge on side-street currency markets nicknamed "Wall Street." Worse, corruption is inefficient; it thwarts production potential and spurs inflation. Despite immense natural resources, Zaire mines fewer minerals today than it did 15 years ago. Inflation is running at 700 percent this year (though it is down from 9,000 percent in 1993.)

The unenlightened self-interest that gave rise to *le protocol* may be the only thing holding Zaire together. Some attribute the spread of corruption to dictator Mobutu Sese Seko's system of dispensing favors and fiefdoms in exchange for loyalty. Now that Mobutu has fled the country the world hopes the artful protocol has gone with him. (Courtesy of *(Newsweek, Sept. 9,1996)*)

Brain Teaser

Elimination

Eliminate, in each case, two words:

a. Poet
b. Two associated with cap
c. Jewelry for the select?
d. Two words with wheel
e. Racy time!
f. Two suggesting water
g. Ground lacking support!
h. Two with orders
i. Imperial drink?
j. Two synonyms
k. Unearthly wear
l. Two anagrams
m. Executive amusement?
n. Two religious concepts
o. An angry movement
p. Two linked with go
q. Quick sellers!
r. Two joined with wax

1. Hot
2. Sin
3. Day
4. Big
5. Ice
6. Game
7. Sand
8. Suit
9. Slow
10. Holy
11. Pope
12. Even
13. March
14. Cakes
15. Works
16. Board
17. Derby
18. Quick
19. Space
20. Artist
21. Pearls
22. Brandy
23. Wright
24. Getter
25. Sandal
26. Strait
27. Running
28. Cricket
29. Protest
30. Sealing
31. Uniform
32. Standing
33. Cultured
34. Napoleon
35. Distilled
36. Alexander
37. Salvation

That takes 36 of the 37 words. What are you left with?

(Answers will appear next week)

Answers to last week's Brain Teaser:

Palace and avenge; 19 and 40

Travel Ideas

While you speed through the skies in a soft reclining aircraft seat, there are millions on the ground below attempting to travel much shorter distances on more colorful and adventurous modes of transport.

Consider the camel. It looks so graceful as it glides over the rippling desert sands. But riding on its back is quite a different story. With each step, your knees swing forward and hit the studs on the saddle. You wonder how the Bedouins make it look so easy.

Or the elephant. Maharajahs ride in fancy howdahs, and common folk sit astride their beasts. Think of the breadth. Have you ever tried sittinɡ astride a bed?

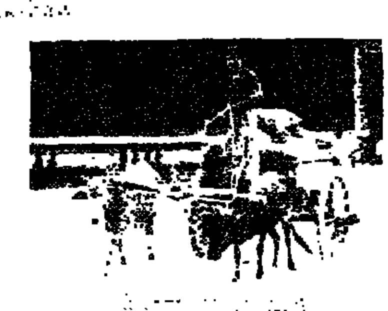


Some folks attach a cart behind their animal. Ox-carts, camel-carts, traps and tongas. They are all quite primitive, but highly effective, vehicles. The two-wheeled variety involve a constant balancing act on the part of the driver!

Of course, not everyone uses an animal for transport. Manpower is a common alternative. In Asia, the rickshaw is popular. There are different forms; the passenger in front is possibly the most attractive variety. You sit before the driver and have an unimpeded view of the road ahead.

Some people are lucky enough to find a motor vehicle. A bus, a van, an automobile, a truck. They travel faster and can be used over greater distances. For memorable rides, try squeezing into a Delhi bus. Perhaps you would like to ride in the back of an open truck? Face and clothes become caked with dust, teeth are shaken loose by the vehicle's vibrations, but therein lies the thrill.

Then there are the boats. All shapes and sizes. Row boats, steam boats, sail botas, motor boats. Water transport is probably the most hazardous of all—you have wetness and seasickness to contend with! But there are



those who welcome adventure of all sorts—on high seas or shallow waters.



Chinese truck in [illegible] Tibet



In many countries like Thailand and Malaysia many spots are practically inaccessible except by boat. Tourists come to explore the wonders of nature by risking rough waters or gliding smoothly down placid waters.

Adventurous riders you might say. (Courtesy of *Wings of Gold*, I May 1991)



Squeezing into a [illegible] bus

Letter to the Editor

Dear Sir,

Many are the oddities of life, but there are always some among them which are more conspicuous than others.

In this high-tech, advanced and post-industrialized world, it would be impossible to have zero achievements just as it would be astonishing to find no new discoveries.

Oxford pundits have recently discovered that the gulf skirting our country's southern coast is "The Gulf" and not the "Persian Gulf" (cf. Oxford Photo Dictionary, p. 54, Oxford University Press, 1993).

The discovery, a new oddity of course, runs counter not only to what the old, internationally recognized historical documents state, but also goes against the contents of an earlier publication of the same unviersity which named the same body of water as the "Persian Gulf" (cf. Oxford English Picture Dictionary, E.C. Parnwell, 1977, Oxford University Press).

Are you astonished? Don't be! Don't you forget that we are living in a world of wonders, miracles and oddities! Oxford University can now be joyous that it has outclassed its contemporaries—Harvard, Cambridge and others—both for the enviable discovery and for the formation and coinage of a new term, i.e., "name-changing right" which can be added to the family of terms: "human rights," "women's rights," "copyrights," etc. that Westerners are expert at forming, inventing and changing.

It would not be too much, then, if Oxford University expects to be awarded special honors, possibly from the Royal Academy or from Queen Elizabeth herself, considering its singular, special achievement in introducing new names and new meanings into the "Queen's English"!

Of course, we in Iran, are by now familiar with rude attempts by some arrogant powers to constantly provoke our good nature and to annoy us by any means possible. Oxford University joins that elite group of political, intellectual saboteurs who we are aware of and against who we are prepared.

We'll rest our comment here: name-changing by saboteurs does not change names, does not change reality. But it reveals the true, underlying nature of those who, for personal benefit or other ulterior motive, pay only lip service to "rights" of whatever kind, human or inhuman, but persuade others, under all circumstances, to observe them.

Sir, these words I have written to you are from my heart and not my pen.

Yours faithfully,

Daryoush Bavarsad P.O. Box 7484, TEHRAN

TODAY IN HISTORY

1967 — Claude Rains, Suave British film actor of stage and screen, died. Best known for his roles in the films "Casablanca" and "Notorious".

1969 — The British trans-arctic expedition completed the first surface crossing of the Arctic Ocean.

1971 — Marcel Dupre, French organist and composer, died. He was organist of st sulpice from 1934-1971.

1971 — U.S. probe Mariner 9 was launched on its mission to Mars. It became the first artificial satellite of Mars sending back more than 7,000 pictures.

1980 — The first Papal visit to France since 1814 took place when John Paul II arrived in Paris.

1981 — President Ziaur Rahman of Bangladesh was shot by a group of rebel officers in the government guest house at Chittagong in an attempted coup by Major General Manzur Ahmed.

1992 — The United Nations Security Council voted to impose sanctions against Serb-led Yugoslavia in a bid to halt the fighting in Bosnia.

1996 — In Britain, the marriage of Prince Andrew to the Duchess of York, known to millions as fergie, ended by decree in a London court.

CANDID CAMERA

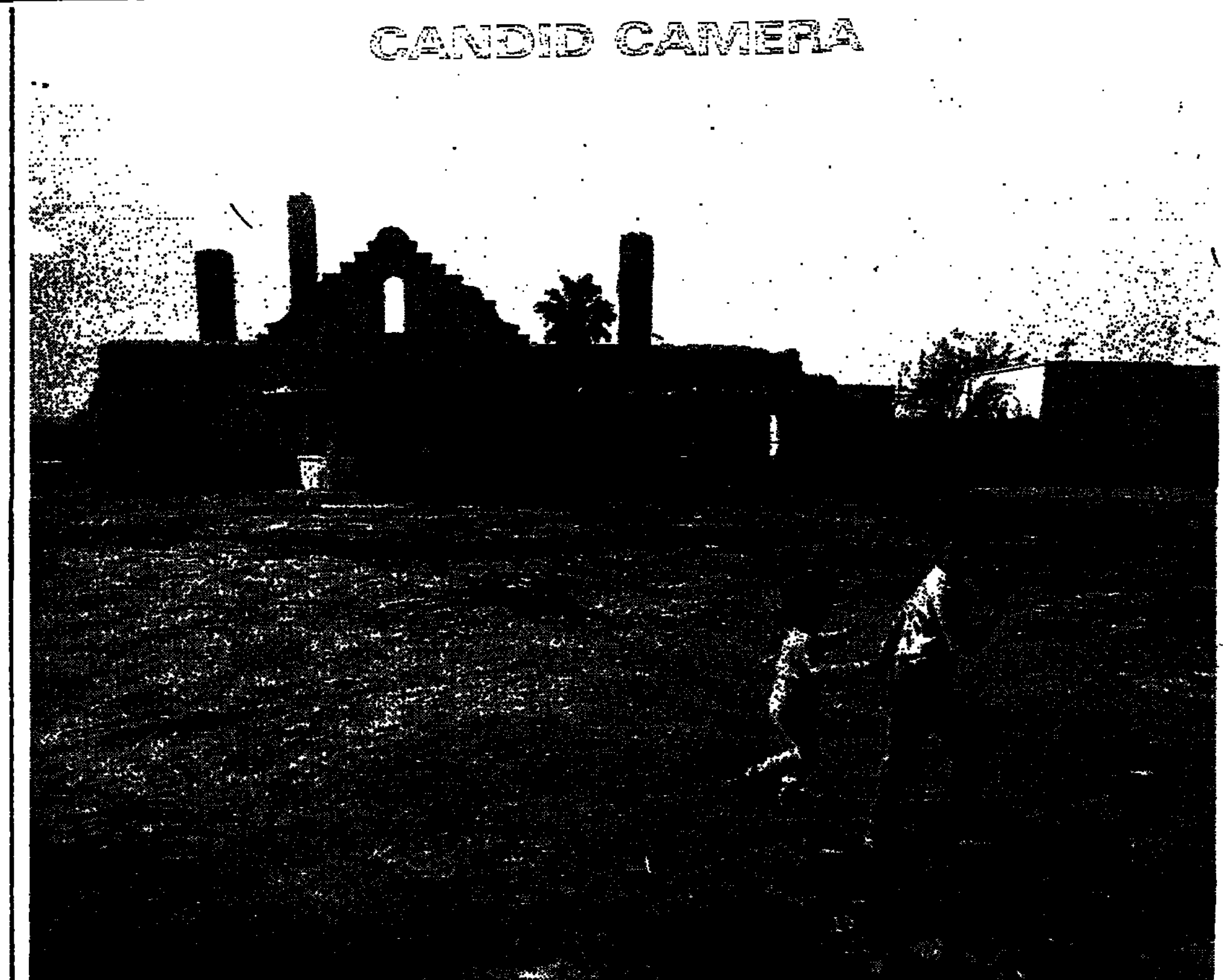


Photo: Abbas Kowsari

TOMORROW IN HISTORY

1848 — Wisconsin became the 30th state of the United States.

1974 — Northern Ireland was brought under direct rule from Westminster one day after the collapse of the Northern Ireland executive. The crippling general strike in the province also ended.

1979 — Mary Pickford, silent movie star, died. She was one of the original team who formed the film company United Artists Corporation in 1919 along with Douglas Fairbanks, D.W. Griffith and Charlie Chaplin.

1979 — In Salisbury, bishop Abel Muzorewa sworn in as Zimbabwe rhodesia's first black prime minister.

1982 — Pope Paul II, in the first papal vist to Britain since 1531, prayed alongside the archbishop of Canterbury, head of the church of England, in Canterbury cathedral.

1985 — 39 fans, mostly Italian, were crushed or trampled to death in rioting involving Liverpool and Juventus supporters at the European cup final at Brussels Heysel Stadium. Over 400 people were injured.

1994 — Erich Honecker, who ruled East Germany with an iron fist for 18 years and supervised the creation of the Berlin Wall, died in exile in Chile. He was 81.

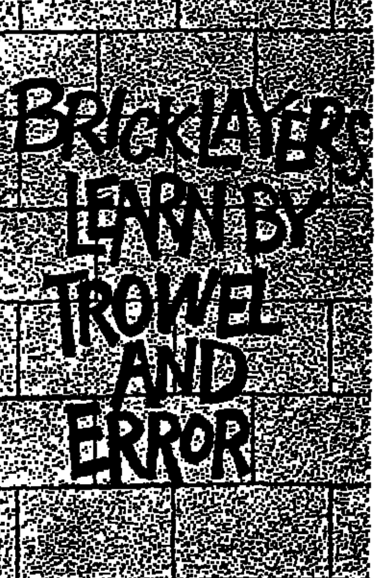
A Tale From Gulistan of Sa'di

On the Effects of Education

A vizier had a stupid son whom he sent to a scholar to instruct him, and if possible to make him intelligent. Having been for some time under instruction, but ineffectually, the learned man sent one to his father with the words: "The boy is not becoming intelligent, and has made a fool of me." When a nature is originally receptive, instruction will take effect thereon. No kind of polishing will improve iron whose essence is originally bad. Wash a dog in the seven oceans, he will be only dirtier when he gets wet. Jesus's ass is ass though taken to Mecca.

GRAFFITI

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Test Your English

You are the editor of a newspaper. Someone shows you 10 headlines which he has written. He asks you to check the ending of each of the words underlined. Write out each of the words underlined, correcting any mistake.

1. Excitements can cause heart attack .Excitement.....
2. College staff may resign ....
3. Rebel army reaches outskirts of Cordoza ....
4. *Passengers carry own baggages onto aircraft* ....
5. *Permission for pop star to visit UK refused* ....
6. Football supporters cause troubles again ....
7. *Researches on animals to be prohibited* ....
8. Medias blamed for increase in violence ....
9. Smoking dangerous for health - further proof now available ....
10. Man fined $500 for throwing litters in harbour ....

ANSWER KEY

1 excitement 2 staff 3 outskirts 4 baggage 5 permission 6 trouble 7 research 8 media 9 proof 10 litter

Stunning Ideas for Flower Arrangement

ART NOUVEAU

A deep blue vase in art nouveau style is cleverly contrasted by an exquisite arrangement of gentle colours and contours. Put only water into the vase; the vase's tight neck will support the display. Position several sprays of sprengeri fern, curving one piece so that it sweeps down in front of the vase. Then two long stems and one shorter,one of pale creamy-pink alstroemeria.

Create a central column using white lilac; this will give depth to the arrangement. Then take stems of pink daisy chrysanthemums in graduating lengths and place throughout the display.







57 Bodies Found in Mass Grave in Serb-Held Area

FOCUS

